



Fruit with Yogurt Orange Dip

Ingredients:

- ¼ cup low-fat vanilla yogurt
- 2 tablespoons orange juice
- ¼ teaspoon ground cinnamon
- 2 cups fresh fruits (such as, apples, pears, bananas, grapes), washed, peeled, and sliced

Directions:

1. Mix yogurt, orange juice, and cinnamon together in a mixing bowl and stir until smooth.
2. Dip fresh fruit into yogurt mix.

Try this easy snack the next time you are hungry and want something sweet!



Nutrition Facts	
4 servings per container	
Serving size	1 serving (77.71g)
Amount per serving	
Calories	45
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Total Sugars 8g	
<small>Includes g of Added Sugars</small>	
Protein <1g	
Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 0mg	0%
Potassium 108mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.