



FRUIT WITH YOGURT ORANGE DIP

INGREDIENTS

1/4 cup nonfat vanilla yogurt
2 tablespoons orange juice
1/4 teaspoon ground cinnamon
Fresh fruits (apples, pears, bananas)

DIRECTIONS

Gather all ingredients. Wash and peel fruit if necessary.

Using a cutting board, slice the fruit and arrange on a plate.

Mix yogurt, orange juice, and cinnamon together in a small bowl and stir until smooth.

Use the yogurt-orange mix as a dip for fruit.

