

Eat Smart • Move More

Fruit with Yogurt Orange Dip

Prep Time: 5 minutes

Total Time: 10 minutes



Ingredients

- ¼ cup low-fat vanilla yogurt
- 2 tablespoons orange juice
- ¼ teaspoon ground cinnamon
- 2 cups your favorite fruits, washed, peeled, and sliced

Nutrition Facts

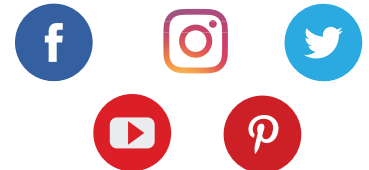
4 servings per container	
Serving size	1 serving (77.71g)
Amount per serving	
Calories	45
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Total Sugars 8g	
Includes g of Added Sugars	
Protein <1g	
Vitamin 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.

Quick Tips

- ▶ Use any combination of your favorite fruits - like apples, pears, bananas, or grapes.
- ▶ Try this quick and easy snack the next time you are hungry and want something sweet.
- ▶ Always wash fruit before cutting or eating.

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Directions

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

(Recipe adapted from: <https://www.myplate.gov>.)

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