

BERRY-LIME YOGURT FRUIT DIP

gluten free

makes 20 servings

- 1/2 cup MIXED BERRY FRUIT SPREAD (or favorite flavor)*
- 2 tbsp PURE or RAW HONEY (or to taste)
- 1 1/2 cups PLAIN GREEK YOGURT, NONFAT (I used FAGE brand)
- 4 oz CREAM CHEESE, NEUFCHATEL, REDUCED FAT, softened*
- JUICE & ZEST OF 1 LIME (lemon or half an orange)
- FRESH FRUIT (pineapple, oranges, grapes, berries, kiwi, pears, apples, mango)

**Gluten free option: Use a GF cream cheese and berry spread.*

1. Using an electric mixer whip softened cream cheese with honey. Add yogurt and fruit spread, continue mixing on medium-low until smooth (may be some remaining fruit pieces from spread). Fold in lime zest and juice. Cover and chill. Serve with fresh fruit or fruit skewers. Serving size: about 2 heaping tablespoons.

VARIATIONS: Mix dip with fruit for a fresh and healthy fruit salad. Top with chopped nuts if desired.

NUTRITION INFO PER SERVING: 45 calories, 1g fat, 1g sat fat, 7g fat, 6g sugar, 2g fiber