



Dips for Fruit

Makes: 750 mL (3 cups)

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
3 cups	yogurt, plain or Greek style yogurt, plain	750 mL
Option Orange Honey Dip		
3 tbsp	honey	45 mL
1 tbsp	orange zest (grated peel)	15 mL
2 tsp	vanilla	10 mL
Option Cinnamon & Maple Dip		
3 tbsp	maple syrup	45 mL
1 tsp	cinnamon	5 mL

Instructions

1. Choose one combination from Options.
2. Combine yogurt with ingredients and mix well.
3. Refrigerate until ready to use.

Nutrition Information

Serving 15 g (1 tbsp)

Calories	15
Fat	0 g
	Saturated 0 g
	+ Trans 0 g
Sodium	10 mg
Carbohydrates	2 g
	Fibre 0 g
	Sugars 2 g
Protein	1 g
Calcium	20 mg
Iron	0 mg

Food Guide Servings

Does not contribute
towards Food Guide
Servings