

Cranberry Fruit Dip

Ingredients:

- ½ cup non fat vanilla yogurt
- ½ cup whole-berry cranberry sauce
- ¼ tsp. ground cinnamon
- ⅛ tsp. ground ginger
- 1 cup fresh apple cut into chunks
- 1 large orange wedge separated and cut in half
- 1 cup fresh melon
- 1 cup fresh pineapple, cut into chunks



Nutrition Facts

Serving Size ¾ cup (170g)
Servings Per Container 4

Amount Per Serving

Calories 120 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 29g **10%**

Dietary Fiber 2g **8%**

Sugars 22g

Protein 2g

Vitamin A 25% • Vitamin C 60%

Calcium 6% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



*GLUTEN-FREE



*SOY FREE

Directions:

1. In a medium bowl, stir together all ingredients.
2. Serve with mixed fruit.
3. Dip can be stored in airtight container in refrigerator for up to 3 days.