

# SKINNY DIP

Dive into a pool of refreshing fruit flavor.

## MAKE THE BASE



1 cup (250 mL) 2% or traditional Greek yogurt

+



1 tbsp (15 mL) orange juice concentrate or 2 tbsp (30 mL) orange juice

+



2 tbsp (30 mL) honey

## CHOOSE A FLAVOR VARIATION



OR



OR



OR



**Strawberry**  
4 large trimmed strawberries (about 4 oz/125 g), finely chopped in the **Manual Food Processor**

**Tropical**  
¼ cup (60 mL) canned, crushed pineapple (about 2 oz/60 g) and 1 tbsp (15 mL) sweetened flaked coconut

**Very Cherry**  
2 tbsp (30 mL) Maraschino cherries with cherry juice, finely chopped in the **Manual Food Processor**

**Banana Peanut Butter**  
1 small ripe banana and 2 tbsp (30 mL) peanut butter, finely chopped in the **Manual Food Processor**

## DIRECTIONS

Serves 8 (about 1 cup/250 mL) | Prep time: 10 minutes

1. Combine yogurt, honey and orange juice or orange juice concentrate in the **Manual Food Processor**. Process until blended.
2. If desired, add in prepared variation ingredients and process until combined.
3. Fill center of **Small Cool & Serve Square Tray** with dip. Surround with strawberries or other fruit dippers.

**Cook's Tip:** Add 1 tbsp (15 mL) tequila or light rum to any dip flavor for a grown-ups only party.

**U.S. Nutrients per serving** (average of all dips — 2 tbsp/30 mL dip):

Calories 68, Total Fat 4 g, Saturated Fat 3 g, Cholesterol 10 mg, Sodium 50 mg, Carbohydrate 6 g, Fiber 1 g, Protein 2 g

