
SWEET YOGURT FRUIT DIP

- 1 (6-7 oz.) carton plain low-fat Greek yogurt
- 1 Tablespoon maple syrup
- ¼ teaspoon cinnamon
- ⅛ teaspoon nutmeg
- 1 medium apple, cored and cut into wedges
- 1 medium pear, cored and cut into wedges
- 1 cup strawberries

1. In a small bowl combine yogurt, maple syrup, and seasonings.
2. Serve fruit with dip.

Serves 6, 2 Tablespoons dip and ½ cup fruit per serving. Adapted from the cookbook, *"Diabetes What to Eat."*

www.feedingthegulfcoast.org/recipes | (888) 704-FOOD

SWEET YOGURT FRUIT DIP

- 1 (6-7 oz.) carton plain low-fat Greek yogurt
- 1 Tablespoon maple syrup
- ¼ teaspoon cinnamon
- ⅛ teaspoon nutmeg
- 1 medium apple, cored and cut into wedges
- 1 medium pear, cored and cut into wedges
- 1 cup strawberries

1. In a small bowl combine yogurt, maple syrup, and seasonings.
2. Serve fruit with dip.

Serves 6, 2 Tablespoons dip and ½ cup fruit per serving. Adapted from the cookbook, *"Diabetes What to Eat."*

www.feedingthegulfcoast.org/recipes | (888) 704-FOOD

SWEET YOGURT FRUIT DIP

- 1 (6-7 oz.) carton plain low-fat Greek yogurt
- 1 Tablespoon maple syrup
- ¼ teaspoon cinnamon
- ⅛ teaspoon nutmeg
- 1 medium apple, cored and cut into wedges
- 1 medium pear, cored and cut into wedges
- 1 cup strawberries

1. In a small bowl combine yogurt, maple syrup, and seasonings.
2. Serve fruit with dip.

Serves 6, 2 Tablespoons dip and ½ cup fruit per serving. Adapted from the cookbook, *"Diabetes What to Eat."*

www.feedingthegulfcoast.org/recipes | (888) 704-FOOD