

## Strawberry-Lemon Fruit Dip (makes 1-1/2 cups)

Stir it up and dip away for a cool breakfast, snack, or dessert!

1-1/2 Cups Yoplait 99% Fat Free Strawberry Yogurt  
1 Tbsp Packed brown sugar  
1 tsp Grated lemon peel  
1 Tbsp Fresh lemon juice

Stir together yogurt, brown sugar, lemon peel, and lemon juice.  
Serve with washed and cut fresh fruit.

Hint: Serve with your favorite fresh fruit for dipping such as apple slices, strawberries, grapes, banana slices, or pineapple chunks. Wash fruit well in cool, running water and cut into bite-size pieces.

Nutrition Facts for 2 tablespoons dip (does not include fruit):

35 Calories; 1 gm Protein; 0 Total Fat; 0 gm Saturated Fat; 0 Cholesterol; 7 gm Total Carbohydrate; 0 Fiber; 15 mg Sodium