

Fresh Fruit with Maple-Vanilla Yogurt Dip

This recipe serves: 8

Preparation time: 10 minutes

Cooking time: 5 minutes

Ingredients

2 cups vanilla low-fat yogurt
1/2 cup maple syrup plus a little extra
1 tablespoon crushed pistachio nuts
1 apple
1 pear
juice of 1 lemon
1 pound of grapes

Cooking Instructions

1. Combine the yogurt and maple syrup and chill.
2. Core and slice the apple and pear. Sprinkle with lemon juice to prevent discoloration.
3. Place the yogurt in a bowl in the center of a large platter and drizzle the yogurt with a few drops of extra maple syrup and sprinkle with the pistachio nuts. Arrange the apples, pears and grapes on the platter and serve.

Nutrition Facts

Serving Size 3 tablespoons yogurt with fruit slices	
Calories	168
Total Fat	1g
Saturated Fat	0g
Total Carbohydrate	39g
Dietary Fiber	1g
Sodium	35mg
Protein	3g
Percent Calories from Fat	7%
Percent Calories from Protein	7%
Percent Calories from Carbohydrate	87%

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