

## Easy Greek Yogurt Fruit Dip

Fruit is always more fun with a dip! This easy dip with its many different variations will take this snack to the next level.

Preparation Time: 5 min.

Cooking Time: NA

Servings: 12 - 16

Amount	Ingredient	Cost - date:
1 cup	Plain Greek Yogurt	
About 2 Ttbsp	Freshly Squeezed Orange juice (half an orange)	
1/4 tsp	Orange Zest	
1/2 tsp	Vanilla Extract	
2 Tbsp	Honey	
Fruit Options:	A variety of fruit could be used!!! Can use toothpicks or put fruit onto skewers & stick into an orange cut in ½ (flat side on plate)	
	Apples, Mangos, Pineapple, Strawberries, Pears, Grapes, Blueberries	
	Cost for the total recipe:	
	Cost for 1 serving:	

### Preparation:

1. Combine all of the ingredients for the dip in a medium bowl. Mix until smooth and creamy.
2. Serve immediately with your favourite fruit or store in the fridge for later.

SOURCE: [Easy Greek Yogurt Fruit Dip - Haute & Healthy Living \(hauteandhealthyliving.com\)](http://hauteandhealthyliving.com)

## Recipe Variations

- **Switch up the flavour:** Use lime zest or lemon zest and juice instead of orange.
- **Add some cinnamon:** Add a dash of cinnamon to the yogurt mixture. It tastes especially good with apple slices!
- **For chocolate flavour:** Add a bit of cocoa powder to the mix.
- **Make it dairy-free:** Use a plant-based yogurt such as almond, coconut or soy yogurt instead of regular Greek yogurt.
- **To make it vegan:** Use a plant-based yogurt and maple syrup.
- **For extra sweetness:** Add a little extra honey or use vanilla Greek yogurt instead of plain.
- **Try a different sweetener:** Use maple syrup or other sweetener instead of honey.
- **Add a garnish:** A sprig of fresh mint adds a nice touch as well.

**Thanks for coming to Forest Brook Community Church today. We look forward to having you join us again to make another great recipe, enjoy some food and community!**