



## LOW FAT DIP

### Vanilla Yogurt Fruit Dip

8 oz. Chilled Vanilla Yogurt

METHOD OF PREPARATION:

1. Spoon yogurt into serving bowl. Serve with a fresh fruit tray.

SERVES: 8-10 1 ounce portions

NUTRITION: 30 Calories, 0 g Fat, 0 g Saturated Fat, 0 g Trans Fat, 0 mg Cholesterol, 10 mg Sodium, 5 g Carbohydrate, 5 g Sugar, Less than 1 g Protein

WEIGHT WATCHER SMARTPOINTS = 1

ALLERGENS: Milk