



Fruit With Dip

Ingredients:

- 1 cup sliced strawberries
- 1 cup sliced apples
- 1 cup sliced bananas
- 1 cup fresh grapes
- ½ cup low-sugar fruit flavored yogurt
- 1 cup low-fat whipped topping

Directions:

Mix together the yogurt with whipped topping and serve with freshly sliced fruit.

Nutrition information (makes 6 servings): 92.5 calories, 18.5 grams of carbs, 1.5 grams of fat, 1 grams of protein