

Creamy Dreamy Dip

What You'll Need

1 cup plain fat-free yogurt

1 8-ounce container of fat-free sour cream

2 tablespoons vanilla extract

1 teaspoon lemon juice

1/2 cup orange or pineapple juice

1/2 teaspoon orange zest

Let's Cook!

- 1 Combine plain yogurt, sour cream and vanilla.
- 2 Add lemon juice and orange juice. Mix thoroughly.
- 3 Fold in orange zest gently.
- 4 Cover and chill in refrigerator for one hour.
- 5 Serve with apples, pears, strawberries or any of your favorite fruits.

Nutrition Facts

Serving Size (102g)

Servings Per Container

Amount Per Serving

Calories 70 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 75mg 3%

Total Carbohydrate 12g 4%

Dietary Fiber 0g 0%

Sugars 3g

Protein 3g

Vitamin A 6% • Vitamin C 20%

Calcium 10% • Iron 0%

