

Fruit with Piña Colada Dip

Healthy Snack May - 2014



Take a trip to the islands with this fun fruit snack or dessert, including kiwi, strawberries and pineapple dipped in coconut yogurt.

Prep Time: 25 Min

Start to Finish: 25 Min

Makes: 15 servings

INGREDIENTS

Dip

2 (6-oz.) containers Fat Free French Vanilla Yogurt

3 tablespoons flaked coconut, toasted

2 tablespoons finely chopped pineapple

Fruit

15 fresh strawberries, halved

30 (1-inch) chunks fresh pineapple

30 chunks kiwi fruit (about 5 medium)

DIRECTIONS

1. In small bowl, combine yogurt, 2 tablespoons of the coconut; blend well. Stir in pineapple. Serve immediately, or cover and refrigerate until serving time.
2. To serve, arrange fruit on serving platter. Sprinkle dip with remaining tablespoon toasted coconut. If desired, garnish with pineapple leaves. Store dip in refrigerator.

Recipe Provides: Fruits 1/2c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	60	Calories from Fat:	5
Total Fat:	1 g	Saturated Fat:	0 g	Trans fat :	0 g
Cholesterol:	0 mg	Sodium:	15 mg	Total Carbohydrate:	13 g
Dietary Fiber:	1 g	Sugars:	9 g	Protein:	1 g



This recipe is adapted from WWW.eatbetterearly.com