

Fruit with Piña Colada Dip

Snack of the Month December - 2015



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 99% 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, rum extract and 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	Total Fat:	1 g	Saturated Fat:	0 g
Calories:	60	Calories from Fat:	5	Carbohydrates:	13 g
Cholesterol:	0 mg	Dietary Fiber:	1 g	Sodium:	15 mg
Sugars:	9 g	Protein:	1 g		



Recipe adapted from www.eatbetterearly.com