



VANILLA HONEY FRUIT DIP

INGREDIENTS

- 1/2 cup nonfat Greek yogurt
- 1/2 cup nonfat creamed cheese, softened
- 1 tbsp honey
- 1/4 tsp vanilla extract



DIRECTIONS

Whisk together ingredients until smooth. Serving size is 2 tablespoons. Enjoy!



Vanilla Honey Fruit Dip	
Nutrition Facts	
Serving Size	1 × 1/4 cup Serving
Amount Per Serving	
Calories	56
	% Daily Value*
Total Fat	0.3 g 0 %
Saturated Fat	0.2 g 1 %
Trans Fat	0 g
Cholesterol	3.9 mg 1 %
Sodium	151.7 mg 7 %
Total Carbohydrate	7 g 3 %
Dietary Fiber	0 g 0 %
Total Sugars	6.5 g
Added Sugars	4.5 g 9 %
Protein	6.3 g
Vitamin D	0 mcg 0 %
Calcium	104.2 mg 8 %
Iron	0.1 mg 0 %
Potassium	101.9 mg 2 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at cronometer.com </>