

Sweet Yogurt Dip

Ingredients

- Fat-free Vanilla Yogurt
- Fat-free Cool Whip

Instructions

- Mix equal parts of cool whip and yogurt together (do not over mix)
- Dip fresh-cut fruit & enjoy

Yogurt Dip

Nutritional Facts (1/2 C)

Energy	60	10	kcal
Protein	4	1	g
Carbohydrate	9	2	g
Sugar	5	1	g
Fiber	0	0	g
Fat	0	0	g
Sat Fat	0	0	g
Cholesterol	0	0	mg
Sodium	26	4	mg

Serves 6