

Fresh Fruit with Honey-Yogurt Dip

Yield: 2 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-yogurt-fruit-dip-recipe>

Ingredients:

- 2 cups greek yogurt plain or vanilla
- 1/2 cup honey decrease to 1/4 cup if using vanilla yogurt
- 1/2 teaspoon ground cinnamon
- fruit
- bananas
- strawberries

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 108 grams
3. Cholesterol: 30 milligrams
4. Fat: 7 grams
5. Fiber: 4 grams
6. Protein: 9 grams
7. SaturatedFat: 5 grams
8. Sodium: 120 milligrams
9. Sugar: 98 grams

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