



APPLE PIE FRUIT DIP

MAKES
½ CUP
(125 ML)

INGREDIENTS

- ½ cup (125 mL) Greek vanilla yogurt
- 2 tsp (10 mL) unsweetened applesauce
- ¼ tsp (1 mL) cinnamon

DIRECTIONS

1. Mix all ingredients together in a small bowl.
2. Let rest for 10 to 15 minutes to let flavours combine.
3. Serve with your favorite fruit.
4. Sprinkle cinnamon on dip before serving for extra color, if desired.

NOTES

Change flavor by using apple pie spice instead of cinnamon.

