



CREAMY ORANGE FRUIT DIP

MAKES
1 CUP
(250 ML)

INGREDIENTS

- 1 small orange
- 1 cup (250 mL) Greek vanilla yogurt

DIRECTIONS

1. Slice orange in half. Use a spoon to scrape the pulp and juice into a small bowl.
2. Stir in the yogurt and let sit for at least 10 minutes before serving.
3. Serve with your favorite fruit.

NOTES

Add 1/8 tsp (0.5 mL) of orange zest for extra flavor.

