

# Honey Kiwi Raspberry Fruit Dip

- Makes about 2 cups -



## Ingredients

1 ripe kiwi, peeled and diced  
1/2 cup unsweetened frozen raspberries  
1/2 cup pure honey  
8 oz. low-fat vanilla yogurt  
Fresh fruit, for dipping

## Directions

In the bowl of a food processor, combine kiwi, raspberries and honey; puree. Stir in yogurt. Serve with sliced fresh fruit (strawberries, pineapple, watermelon, cantaloupe, honeydew melon, grapes, bananas, etc.)

**Note:** Honey should not be fed to infants under one year of age. Honey is a safe and wholesome food for children and adults.

© National Honey Board  
11409 Business Park Circle Ste 210, Firestone, CO 80504  
Phone: (303) 776-2337 Fax: (303) 776-1177