

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.

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