

Tropical Fruit Dip

Makes 6 - 1/2 cup servings



2 cups fat-free sour cream
1 cup fruit-flavored yogurt
4 tablespoons (about 1/2 of 3.5 ounce package) dry vanilla instant pudding

Directions:

1. Combine sour cream, yogurt and dry pudding in medium mixing bowl.
2. Mix well and chill.
3. Serve with a variety of fresh fruit.

Nutrition Facts: 1 serving dip provides 150 calories, 1.5g total fat, 10mg cholesterol, 200mg sodium, 28g total carbohydrate

K-STATE This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an Research and Extension equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income.

It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.



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