

♥ Heart Healthy

Sliced Fruit with Honey Vanilla Yogurt Dip



Ingredients

- 2 cups green or red grapes
- 2 medium bananas, sliced (about 2 cups)
- 1 medium red or green apple, cored and thinly sliced
- 1 1/2 cups fat-free, plain Greek yogurt
- 1 tablespoon honey
- 1 teaspoon vanilla extract
- Optional add-ins: sprinkle of cinnamon or pumpkin spice, chopped nuts, seeds

Directions

1. Arrange the grapes and banana and apple slices on a large plate or platter.
2. In a small bowl, stir together the yogurt, honey, and vanilla extract (and flavor add-ins if desired). Serve with the fruit.

Nutrition Facts	
Calories	194
Total Fat	0.5 g
Saturated Fat	0.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.0 g
Cholesterol	0 mg
Sodium	35 mg
Total Carbohydrate	42 g
Dietary Fiber	3 g
Sugars	32 g
Protein	9 g

Dietary Exchanges
2 1/2 fruit, 1/2 fat-free milk

Adapted from <https://recipes.heart.org/en/recipes/sliced-fruit-with-honey-vanilla-yogurt-dip>