

# Fruit Salad Dressing/Dip

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- 1 small carton (6 to 8 ounces) low fat vanilla yogurt
- 1 tablespoon honey
- 1½ teaspoons grated lemon rind

**Makes 6 to 8 portions,  
2 tablespoons each**

Per portion

Calories:	30
Carbohydrate:	6 grams
Protein:	1 gram
Fat:	0
Saturated fat:	0
Cholesterol:	16 milligrams
Sodium:	16 milligrams
Dietary fiber:	0

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1. Mix all ingredients together in a small bowl. Use as a dressing for fresh fruit salad, or as a dip with fruit chunks.