

Tropical Fruit Dip

8 servings

Fruits have important nutrients like vitamin A, vitamin C, and fiber. For good health, adults should aim to consume 2 cups of fruit per day.



- 1 cup non-fat vanilla yogurt
- 1 (3.9 ounce) package instant coconut pudding mix
- 1 cup non-fat sour cream
- 1 cup non-fat milk
- 1 cup crushed pineapple, drained

1. Wash hands with soap and water
2. In a medium bowl, stir together all ingredients until well blended. Cover and chill at least 2 hours.
3. Serve with fresh fruit or graham crackers

Nutrition Information per Serving: (1/8 of recipe) Calories 130, Total Fat 1.5g, Saturated Fat 1.5g, Cholesterol 5mg, Sodium 220mg, Total Carbohydrates 27g, Dietary Fiber 0g, Total Sugars 16g, Protein 3g, Vitamin D 0%, Calcium 10%, Iron 0%, Potassium 4%.