

# Apricot and Cinnamon Fruit Dip

*SplendaTastebook.com*

## Servings: 12

1 1/2 cups sliced apples  
1 1/2 cups sliced bananas  
6 kiwis, peeled and sliced  
1 1/2 cups strawberries  
1/2 cup low-fat cream cheese  
6 packets Splenda Essentials  
1/4 cup apricot preserves  
1/2 teaspoon cinnamon  
1/2 teaspoon vanilla extract  
1 cup nonfat Greek-style yogurt

Set the apples, bananas, kiwis and strawberries aside.

In a medium-size mixing bowl, combine the cream cheese, Splenda, apricot preserves, cinnamon, vanilla and yogurt. Whisk until smooth.

Serve with the apples, bananas, kiwis and strawberries,

Start to Finish Time: 15 minutes

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Per Serving (excluding unknown items): 48 Calories; trace Fat (3.7% calories from fat); trace Protein; 12g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fruit; 0 Fat; 1/2 Other Carbohydrates.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	48	Vitamin B6 (mg):	.1mg
% Calories from Fat:	3.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	93.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.9%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	9mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	1
Cholesterol (mg):	0mg	% Daily Value*	n n%
Carbohydrate (g):	12g	<b>Food Exchanges</b>	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	3mg	Vegetable:	0

**Potassium (mg):** 126mg  
**Calcium (mg):** 7mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 14mg  
**Vitamin A (i.u.):** 411U  
**Vitamin A (r.e.):** 4RE

**Fruit:** 1/2  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 1/2

## Nutrition Facts

Servings per Recipe: 12

### Amount Per Serving

**Calories** 48 Calories from Fat: 2

### % Daily Values\*

<b>Total Fat</b>	trace	0%
	Saturated Fat trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	3mg	0%
<b>Total Carbohydrates</b>	12g	4%
	Dietary Fiber 1g	5%
<b>Protein</b>	trace	

<b>Vitamin A</b>	1%
<b>Vitamin C</b>	23%
<b>Calcium</b>	1%
<b>Iron</b>	1%

*\* Percent Daily Values are based on a 2000 calorie diet.*