

## **Appetizers**

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# **Cool Raspberry Fruit Dip**

Kraft Foods Global, Inc.

[www.coolwhip.com](http://www.coolwhip.com)

**Start to Finish Time: 5 minutes**

**1 container (6 oz) raspberry nonfat yogurt**

**3/4 cup Cool Whip sugar-free whipped topping**

In a bowl, mix the yogurt and whipped topping until well blended. Cover.

Refrigerate for at least one hour.

Serve with fresh fruit for dipping.

Yield: 10 two tablespoon servings

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Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .