

Fresh Strawberries with Raspberry Dip

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Servings: 4

Start to Finish Time: 15 minutes

The berries may be prepared up to six hours ahead. The dip may be prepared up to three hours ahead.

1 cup fresh raspberries

1 teaspoon lemon zest, grated

1 tablespoon lemon juice

1 1/2 cups 2% plain Greek yogurt, drained

1/4 cup brown sugar

1 pinch fresh strawberries

chopped fresh mint (optional garnish)

Press the raspberries through a sieve. Discard the seeds and pulp, reserving the juice.

In a medium bowl, combine the raspberry juice with the lemon zest, lemon juice, yogurt and brown sugar. Cover and refrigerate.

Wash and dry the strawberries. Hull and place in a serving bowl.

Garnish with chopped fresh mint, if desired.

Serve with the fruit dip.

Per Serving (excluding unknown items): 51 Calories; trace Fat (2.8% calories from fat); trace Protein; 13g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 0 Fruit; 1/2 Other Carbohydrates.