

## **Fruit Dips for Dunking**

Alison Ladman - For The Associated Press  
Palm Beach Post

**Servings: 10**

**Start to Finish Time: 25 minutes**

*Three flavors of dips for dunking fruit. Chocolate, Citrus and Orchard Spice.*

*This recipe produces 10 servings. Each serving represents a 2 tablespoon quantity of each of the three dips. Six tablespoons per serving and a total of 20 tablespoons of each flavor of dip and 60 tablespoons overall.*

### **BASE INGREDIENTS**

**2 cups nonfat plain Greek-style yogurt**

**8 ounces low-fat cream cheese**

### **FOR THE CHOCOLATE DIP**

**1/4 cup unsweetened cocoa powder**

**2 tablespoons honey**

**pinch cinnamon**

**2 tablespoons fat-free milk**

### **FOR THE CITRUS DIP**

**Zest of 1/2 lemon**

**Zest of 1/2 orange**

**2 tablespoons honey**

**2 tablespoons orange juice**

### **FOR THE ORCHARD SPICE DIP**

**1 tablespoon vanilla extract**

**1 teaspoon butter rum extract**

**1/2 teaspoon cinnamon**

**1/4 teaspoon dry ginger**

**pinch ground nutmeg**

**pinch ground cloves**

**2 tablespoons honey**

In the bowl of a food processor, combine the yogurt and cream cheese. Process until completely smooth. Divide the mixture into three bowls.

To make the chocolate dipper:

In a small bowl, mix together the cocoa powder, honey, cinnamon, and milk until completely smooth.

Add to one of the bowls of the yogurt mixture and stir until smooth.

To make the citrus dipper:

Stir the lemon zest, orange zest, honey and orange juice into one of the remaining bowls of yogurt mixture.

To make the orchard spice dipper:

Stir the vanilla, butter rum extract, cinnamon, ginger, nutmeg, cloves and honey into the last bowl of yogurt mixture.

Serve the dips with cut up wedges of apples, pears, peaches and berries.

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Per Serving (excluding unknown items): 49 Calories; trace Fat (5.0% calories from fat); trace Protein; 12g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates.