

**Appetizers**

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# **Raspberry-Lime Yogurt Dip for Fresh Fruit**

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**Start to Finish Time: 15 minutes**

**1 cup fresh OR frozen unsweetened raspberries, thawed and drained**

**1 1/4 cups reduced-fat plain Greek yogurt**

**1/3 cup packed brown sugar**

**1 tablespoon lime juice**

**1/2 teaspoon grated lime peel**

**assorted fresh fruit**

Place the raspberries in a blender. Cover and process until smooth. Strain and discard the seeds.

In a large bowl, whisk the yogurt, brown sugar, lime juice, lime peel and raspberry puree' until blended.

Chill until serving.

Serve with fruit.

Yield: 1 3/4 cups

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Per Serving (excluding unknown items): 277 Calories; trace Fat (0.0% calories from fat); trace Protein; 72g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 28mg Sodium. Exchanges: 0 Fruit; 4 1/2 Other Carbohydrates.