
Sour Cream Fruit Dip

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Party Recipes From the Charleston Junior League 1993

1 cup sour cream

1 tablespoon light brown sugar

1/2 teaspoon ground cinnamon

4 cups bite-size pieces of chilled fruit (strawberries, pineapple, melon, etc.)

In a medium-size bowl, combine the sour cream, brown sugar and cinnamon. Mix well.

Refrigerate for at least one hour.

Place the bowl of dip on a platter and surround with the fruit. Pass with toothpicks.

Yield: 8 to 10 servings

Appetizers

Per Serving (excluding unknown items): 527 Calories; 48g Fat (80.7% calories from fat); 7g Protein; 19g Carbohydrate; 0g Dietary Fiber; 102mg Cholesterol; 126mg Sodium. Exchanges: 1/2 Non-Fat Milk; 9 1/2 Fat; 1/2 Other Carbohydrates.