Tropical Fruit Dip
A tasty treat that's cool and creamy!

Level: Easy
Serves: 6 - 1/2 cup servings

Ingredients:
- 2 cups fat-free sour cream
- 1 cup fruit-flavored yogurt
- 4 tablespoons (about ½ of 3.5 ounce package) vanilla instant pudding

Directions:
1. Combine sour cream, yogurt and dry pudding in medium mixing bowl.
2. Mix well and chill.

Helpful Hints: Fruit dip might encourage children to try a variety of available fruit - some seasonal, some unusual, some favorites. Fruit is packed with good-for-you nutrients and fiber, so it's important to eat two to four servings every day. Try slices of kiwi, grapes cut in half and whole strawberries for variety and color. To keep bananas and apples from turning brown after cutting, try dipping cut pieces in pineapple or orange juice before serving. If your favorite fresh fruit is not in season, buy canned fruit, which is less expensive. Enjoy fruit and dip as a snack or dessert often. By varying flavors of ingredients, you'll discover new favorites.

Chef's Choice
Tropical Fruit Dip
 Variety of fruit - canned and fresh
 Thin pretzel sticks

Safety Tip: Serve this dip with a variety of fresh or canned fruit. Kids can use a thin pretzel stick to "spear" their favorite fruit before dipping! Pretzels are much safer than toothpicks, which could cause choking in younger children.

Nutrition Facts

For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

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