



Long Livo

Easy Healthy Fruit Dip

Whip up this easy, nutritious fruit dip in minutes—ideal for a snack or party.

5 min

Prep time

Easy

Difficulty

5 min

Total time

American

Cuisine

4

Servings

Snack

Course

Ingredients

Dip Base

- ☐ 1 cup full-fat Greek yogurt
- ☐ 2 tbsp raw honey
- ☐ 1 tsp pure vanilla extract

- ☐ 1 tsp fresh lemon juice
- ☐ A pinch of ground cinnamon (optional)

To Serve

- ☐ Assorted fresh fruit (strawberries, apple slices, banana rounds, blueberries)

Instructions

- 1 In a medium bowl, combine the Greek yogurt and honey; stir gently until smooth.
- 2 Add the vanilla extract, lemon juice, and optional cinnamon; give it a quick whisk.
- 3 Taste and adjust sweetness or acidity; add a bit more honey or lemon if needed.
- 4 Transfer the dip to a serving bowl, cover, and chill for a few minutes while you arrange the fruit.
- 5 Arrange sliced fruit around the dip and enjoy immediately.

Nutrition per serving

120 kcal

Calories

8 g

Protein

15 g

Carbs

4 g

Fat

Tips & notes

- If the dip thickens too much after chilling, stir in a splash of milk or water.
- For a brighter flavor, grate a tiny amount of orange zest into the dip.
- Make ahead and store in the fridge; give it a quick stir before serving.