

Tropical Fruit Dessert Dip



This recipe is gluten free

INGREDIENTS

1 cup plain 2% Greek yogurt

1/2 can (8 oz.) crushed pineapple in juice

1/3 cup shredded sweetened coconut, toasted

2 Tbsp. honey

1/2 tsp. ANGOSTURA® orange bitters

1/4 tsp. vanilla extract

1-12 cups

METHOD

Stir together ingredients. Taste and add a 3rd tablespoon honey if desired. Cover and chill until ready to use. Garnish top with additional coconut.

Recipe by Rita Held

Nutrition for 2 tablespoons dip: 44.1 calories, 1.3 g fat (1.1 g sat fat), 1.2 mg cholesterol, 2 g protein, 6.2 g carbohydrate, 13.9 mg sodium, 0.2 g fiber