

Fresh Fruit with Dip



4 oz. fat-free cream cheese
2 tbsp. 100% fruit spread
1/2 cup no-added-sugar vanilla yogurt
4 cups fruit in season, sliced or cubed

In a blender or food processor bowl, combine cream cheese, yogurt and fruit spread. Cover and blend or process until smooth. If desired, cover and chill dip up to 24 hours. Serve with assorted fresh fruit. Garnish dip with finely shredded orange peel, if desired. Makes 4 servings.

Nutrition information per serving: calories 164; protein 8 grams; fat 1 gram; sodium 236 mg