

## Tropical Fruit Dip

*A tasty treat that's cool and creamy!*

6 servings

### Ingredients:

- 2 cups fat-free sour cream
- 1 cup fruit-flavored yogurt
- 4 tablespoons (about 1/2 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.

K-State Research and Extension  
Family Nutrition Program

**Kids a Cookin'**

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### Chef's Choice

Tropical Fruit Dip  
Variety of Fruit-  
canned or fresh  
Thin Pretzel Sticks

**Nutrition Facts:** One 1/2 cup serving provides 150 calories, 1.5g total fat, 10mg cholesterol, 200mg sodium, 28g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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