

## Tropical Fruit and Dip

*A combination kids will love!*

3 cups dip

K-State Research and Extension  
Family Nutrition Program



www.kidsacookin.ksu.edu

### Chef's Choice

Tropical Fruit and Dip  
Graham cracker sticks  
Low fat milk

### Ingredients:

Fruit tray with bananas, pineapple, oranges,  
apples, grapes, melon  
2 cups fat-free sour cream  
1 cup pina colada or other fruit flavor yogurt  
1/2 of 4-ounce package french vanilla instant pudding (dry mix)

### Directions:

1. Wash and prepare bite-size pieces of fruit.
2. Combine sour cream, yogurt and dry pudding mix in a medium bowl. Mix well and chill.

*Nutrition Facts: One-fourth cup provides 160 calories, 0g total fat, 5mg cholesterol, 140mg sodium, 37g 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.

## Tropical Fruit and Dip

*A combination kids will love!*

3 cups dip

K-State Research and Extension  
Family Nutrition Program



www.kidsacookin.ksu.edu

### Chef's Choice

Tropical Fruit and Dip  
Graham cracker sticks  
Low fat milk

### Ingredients:

Fruit tray with bananas, pineapple, oranges,  
apples, grapes, melon  
2 cups fat-free sour cream  
1 cup pina colada or other fruit flavor yogurt  
1/2 of 4-ounce package french vanilla instant pudding (dry mix)

### Directions:

1. Wash and prepare bite-size pieces of fruit.
2. Combine sour cream, yogurt and dry pudding mix in a medium bowl. Mix well and chill.

*Nutrition Facts: One-fourth cup provides 160 calories, 0g total fat, 5mg cholesterol, 140mg sodium, 37g 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.

## Tropical Fruit and Dip

*A combination kids will love!*

3 cups dip

K-State Research and Extension  
Family Nutrition Program



www.kidsacookin.ksu.edu

### Chef's Choice

Tropical Fruit and Dip  
Graham cracker sticks  
Low fat milk

### Ingredients:

Fruit tray with bananas, pineapple, oranges,  
apples, grapes, melon  
2 cups fat-free sour cream  
1 cup pina colada or other fruit flavor yogurt  
1/2 of 4-ounce package french vanilla instant pudding (dry mix)

### Directions:

1. Wash and prepare bite-size pieces of fruit.
2. Combine sour cream, yogurt and dry pudding mix in a medium bowl. Mix well and chill.

*Nutrition Facts: One-fourth cup provides 160 calories, 0g total fat, 5mg cholesterol, 140mg sodium, 37g 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.

## Tropical Fruit and Dip

*A combination kids will love!*

3 cups dip

K-State Research and Extension  
Family Nutrition Program



www.kidsacookin.ksu.edu

### Chef's Choice

Tropical Fruit and Dip  
Graham cracker sticks  
Low fat milk

### Ingredients:

Fruit tray with bananas, pineapple, oranges,  
apples, grapes, melon  
2 cups fat-free sour cream  
1 cup pina colada or other fruit flavor yogurt  
1/2 of 4-ounce package french vanilla instant pudding (dry mix)

### Directions:

1. Wash and prepare bite-size pieces of fruit.
2. Combine sour cream, yogurt and dry pudding mix in a medium bowl. Mix well and chill.

*Nutrition Facts: One-fourth cup provides 160 calories, 0g total fat, 5mg cholesterol, 140mg sodium, 37g 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.