

Tropical Fruit Dip

A tasty treat that's cool and creamy!



Level: Easy

Serves: 6 - 1/2 cup 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



Kids' Tool Kit

- Medium mixing bowl
- Measuring spoons
- Measuring cup
- Rubber spatula

Directions:

Remember to wash your hands!



1. Combine sour cream, yogurt and dry pudding in medium mixing bowl.
2. Mix well and chill.

Chef's Choice

- Tropical Fruit Dip
- Variety of fruit - canned and fresh
- Thin pretzel sticks



Helpful Hints: Fruit dip might encourage children to try a variety of available fruit - some seasonal, some unusual, some favorites. Fruit is packed with good-for-you nutrients and fiber, so it's important to eat two to four servings every day. Try slices of kiwi, grapes cut in half and whole strawberries for variety and color. To keep bananas and apples from turning brown after cutting, try dipping cut pieces in pineapple or orange juice before serving. If your favorite fresh fruit is not in season, buy canned fruit, which is less expensive. Enjoy fruit and dip as a snack or dessert often. By varying flavors of ingredients, you'll discover new favorites.



Safety Tip: Serve this dip with a variety of fresh or canned fruit. Kids can use a thin pretzel stick to "spear" their favorite fruit before dipping! Pretzels are much safer than toothpicks, which could cause choking in younger children.

Nutrition Facts

Serving Size 1/2 cup (131g)
Servings Per Container 6

Amount Per Serving

Calories 150 Calories from Fat 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 1g **5%**

Cholesterol 10mg **3%**

Sodium 200mg **8%**

Total Carbohydrate 28g **9%**

Dietary Fiber 0g **0%**

Sugars 19g

Protein 6g

Vitamin A 10% • Vitamin C 2%

Calcium 15% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

| | Calories: 2,000 | 2,500 |
|--------------------|-------------------|---------|
| Total Fat | Less than 65g | 80g |
| Saturated Fat | Less than 20g | 25g |
| Cholesterol | Less than 300mg | 300mg |
| Sodium | Less than 2,400mg | 2,400mg |
| Total Carbohydrate | 300g | 375g |
| Dietary Fiber | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.