

Handa's Tropical Fruit and Dip

Fruit Tray:

Use a variety of available fruit – some seasonal, some unusual, some favorites.



If fruit will quickly brown after cutting, you may wish to dip cut pieces in pineapple or orange juice to prevent browning.

Tropical Fruit Dip – yields 3 cups

2 cups lowfat sour cream

1 cup pina colada or other fruit flavor yogurt

1/2 of 4 ounce package french vanilla instant pudding (dry mix)

Optional:

thin pretzel sticks for dipping

Combine sour cream, yogurt and dry pudding mix in a medium bowl. Mix well and chill.

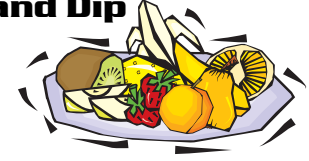
Children may enjoy using pretzel stick “toothpicks” to spear fruit for dipping.

Recipe courtesy of Rebecca Dillard, FACS Agent, Franklin County Extension, Kansas.

Handa's Tropical Fruit and Dip

Fruit Tray:

Use a variety of available fruit – some seasonal, some unusual, some favorites.



If fruit will quickly brown after cutting, you may wish to dip cut pieces in pineapple or orange juice to prevent browning.

Tropical Fruit Dip – yields 3 cups

2 cups lowfat sour cream

1 cup pina colada or other fruit flavor yogurt

1/2 of 4 ounce package french vanilla instant pudding (dry mix)

Optional:

thin pretzel sticks for dipping

Combine sour cream, yogurt and dry pudding mix in a medium bowl. Mix well and chill.

Children may enjoy using pretzel stick “toothpicks” to spear fruit for dipping.

Recipe courtesy of Rebecca Dillard, FACS Agent, Franklin County Extension, Kansas.

Handa's Tropical Fruit and Dip

Fruit Tray:

Use a variety of available fruit – some seasonal, some unusual, some favorites.



If fruit will quickly brown after cutting, you may wish to dip cut pieces in pineapple or orange juice to prevent browning.

Tropical Fruit Dip – yields 3 cups

2 cups lowfat sour cream

1 cup pina colada or other fruit flavor yogurt

1/2 of 4 ounce package french vanilla instant pudding (dry mix)

Optional:

thin pretzel sticks for dipping

Combine sour cream, yogurt and dry pudding mix in a medium bowl. Mix well and chill.

Children may enjoy using pretzel stick “toothpicks” to spear fruit for dipping.

Recipe courtesy of Rebecca Dillard, FACS Agent, Franklin County Extension, Kansas.

Handa's Tropical Fruit and Dip

Fruit Tray:

Use a variety of available fruit – some seasonal, some unusual, some favorites.



If fruit will quickly brown after cutting, you may wish to dip cut pieces in pineapple or orange juice to prevent browning.

Tropical Fruit Dip – yields 3 cups

2 cups lowfat sour cream

1 cup pina colada or other fruit flavor yogurt

1/2 of 4 ounce package french vanilla instant pudding (dry mix)

Optional:

thin pretzel sticks for dipping

Combine sour cream, yogurt and dry pudding mix in a medium bowl. Mix well and chill.

Children may enjoy using pretzel stick “toothpicks” to spear fruit for dipping.

Recipe courtesy of Rebecca Dillard, FACS Agent, Franklin County Extension, Kansas.

Nutrition Facts	
Serving Size 1/4 cup (65g)	
Servings Per Container 12	
Amount Per Serving	
Calories 70	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 2g	10%
Cholesterol 15mg	5%
Sodium 120mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 8g	
Protein 2g	
Vitamin A 6%	Vitamin C 0%
Calcium 8%	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts	
Serving Size 1/4 cup (65g)	
Servings Per Container 12	
Amount Per Serving	
Calories 70	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 2g	10%
Cholesterol 15mg	5%
Sodium 120mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 8g	
Protein 2g	
Vitamin A 6%	Vitamin C 0%
Calcium 8%	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts	
Serving Size 1/4 cup (65g)	
Servings Per Container 12	
Amount Per Serving	
Calories 70	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 2g	10%
Cholesterol 15mg	5%
Sodium 120mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 8g	
Protein 2g	
Vitamin A 6%	Vitamin C 0%
Calcium 8%	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts	
Serving Size 1/4 cup (65g)	
Servings Per Container 12	
Amount Per Serving	
Calories 70	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 2g	10%
Cholesterol 15mg	5%
Sodium 120mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 8g	
Protein 2g	
Vitamin A 6%	Vitamin C 0%
Calcium 8%	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.