



Fruit Dip

This fruit dip recipe makes a sweet appetizer for kids or a refreshing dessert. Serve this recipe for fruit dip with fruit kabobs or chunks of pineapple, strawberries, bananas and cantaloupe.

Prep Time: 10 minutes

Total Time: 10 minutes

Ingredients:

2 cups part-skim ricotta cheese

1/2 cup plain yogurt

1 3.4 oz. package instant vanilla pudding mix

Preparation:

1. With an electric mixer, beat all ingredients together until smooth. Refrigerate until ready to serve.

2. Serve with chunks of fruit or fruit skewers.