

Plate Dream

Easy Healthy Fruit Dip Recipe

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Main Ingredients

- [ ] 1 cup Greek yogurt (full-fat)
- [ ] 2 tbsp honey
- [ ] 1/2 tsp vanilla extract
- [ ] 1 tsp lemon zest (about half a lemon)
- [ ] Pinch of salt

Optional Add-ins

- [ ] 1/4 tsp ground cinnamon
- [ ] 1 tbsp cream cheese for extra silkiness

Instructions

1. Place the Greek yogurt in a medium bowl; I like to let it sit a moment so it’s at room temperature.
2. Drizzle honey over the yogurt and stir gently; the honey slowly dissolves, creating a glossy sheen.
3. Add vanilla extract, lemon zest, and a pinch of salt; fold using a rubber spatula until smooth.
4. If using, stir in ground cinnamon or cream cheese now; this gives a subtle warmth or extra creaminess.
5. Taste and adjust sweetness or salt if needed, then cover and chill for 15 minutes before serving.

Nutrition per serving

120 kcal	8 g	16 g	4 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a thinner dip, add a splash of low-fat milk.
- When serving with berries, add a light dusting of powdered sugar for sparkle.
- You can blend in a handful of fresh mint for a garden-fresh twist.