

Plate Dream

Fruit Dip Recipe with Fresh Fruit & Yogurt

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

Ingredients

Dip Base

- [ ] 1 cup full-fat Greek yogurt
- [ ] 2 tbsp raw honey
- [ ] 1 tsp vanilla extract
- [ ] ½ tsp lemon zest
- [ ] Pinch of sea salt

For Serving

- [ ] 2 cups mixed fresh fruit (strawberries, blueberries, kiwi, mango)
- [ ] Extra honey drizzle (optional)

Instructions

1. In a medium bowl, whisk together Greek yogurt, honey, vanilla, lemon zest, and sea salt until smooth and glossy.
2. Cover the bowl and let the dip rest in the refrigerator for 5-10 minutes to allow the flavors to meld.
3. While the dip rests, wash and slice the fresh fruit into bite-size pieces; pat dry with a paper towel.
4. Serve the chilled yogurt dip in a shallow bowl, arranging the fruit around it. Finish with a light drizzle of extra honey if desired.

Nutrition per serving

180 kcal	8 g	28 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the yogurt seems too thick, stir in a teaspoon of milk to loosen it.
- For a tropical twist, add a splash of coconut milk.
- Keep the dip covered to prevent a skin from forming.