

Plate Dream

Healthy Yogurt Fruit Dip – Ready in 5 Minutes

5 min Prep time	**5 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Base

- [ ] 1 cup plain Greek yogurt
- [ ] 2 tbsp honey (or maple syrup)
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp fresh lemon juice

Fruit Mix

- [ ] 1/2 cup fresh strawberries, halved
- [ ] 1/2 cup fresh blueberries
- [ ] 1/2 cup diced mango
- [ ] 1 kiwi, sliced

Optional Garnish

- [ ] Fresh mint leaves, chopped
- [ ] Extra drizzle of honey

Instructions

1. In a medium bowl, whisk together the Greek yogurt, honey, vanilla, and lemon juice until smooth and slightly glossy.
2. Gently fold in the prepared fruit, being careful not to crush the berries; you want each piece to stay distinct.
3. Taste and adjust sweetness if needed, then transfer the dip to a serving bowl.
4. Top with a sprinkle of fresh mint and a light drizzle of honey for a final touch of shine.
5. Serve immediately with crackers, sliced apples, or simply enjoy straight from the bowl.

Nutrition per serving

120 kcal	8 g	22 g	3 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dip looks a little thin, strain the yogurt through a cheesecloth for 10 minutes.
- Use fruit that is in season for the best flavor and aroma.
- For a tropical twist, add a splash of coconut milk and garnish with toasted coconut flakes.