

Tropical Fruit Dip for Cookies and Fruit

You can have your fruit and cookies, too! Dunk your favorite fruit or cookies into this tasty, tropical dip.

- 1 cup vanilla yogurt
- 1/4 cup flaked coconut, toasted if desired
- 1 can (8 ounces) crushed pineapple in juice, drained
- 2 tablespoons packed brown sugar
- 2 nectarines, sliced
- 16 strawberries
- 8 small bunches grapes
- 16 fudge-striped cookies

1. In medium bowl, mix yogurt, coconut, pineapple and brown sugar.
2. Serve dip immediately with fruit and cookies, or cover and refrigerate at least 1 hour.

Per Serving: Calories 235 (Calories from Fat 65); Total Fat 7g (Saturated Fat 6g); Cholesterol 0mg; Sodium 100mg; Total Carbohydrate 40g (Dietary Fiber 3g); Protein 3g

% Daily Value: Vitamin A 2%; Vitamin C 32%; Calcium 6%; Iron 4%

Exchanges: 1 Starch; 2 Fruit; 1 Fat

Carbohydrate Choices: 2 ½

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