

## Honey Yoghurt Fruit Dip

### **Ingredients:**

1 Cup unsweetened Greek yogurt  
1/8<sup>th</sup> to 1/4 cup honey (to taste)  
1/4 teaspoon ground cinnamon  
Any fresh fruit like apple slices,  
pineapple, strawberries, bananas, etc



### **Method:**

In a medium bowl, combine the yogurt, honey and cinnamon. Stir well.  
Cover and refrigerate for at least an hour.

Serve with fresh fruit or fresh fruit skewers for dipping.

The dip keeps well in the refrigerator for 3-4 days..