

***From Ruth Tan's "The Benefits of Honey" website. If you like this recipe, you can download a free copy of her book, Sweet & Sour Recipes: Summer Honey Delights, at <http://www.benefits-of-honey.com/honey-recipe.html>.***

Fruit Dip (just 5 minutes to prepare!)

Ingredients:

- 3 cups plain yogurt
- 1 cup chopped almonds
- 1 Tb. honey

Directions:

- Combine all ingredients in a bowl and mix well
- Chill mix and serve with fresh cut-up assorted fruits (such as strawberries, red and green apple slices, honey dew, and grapes)