

## **Honey Kiwi Raspberry Fruit Dip (National Honey Board; makes 2 cups)**

### ***Ingredients:***

- 1 ripe kiwi, peeled & diced;
- Unsweetened frozen raspberries, ½ cup
- Honey, ½ cup
- Lowfat vanilla yogurt, 8 oz.;
- Fresh fruit for dipping

### **Directions:**

- In the bowl of a food processor, combine kiwi, raspberries and honey, & puree;
- Stir in yogurt;
- Serve with sliced fresh fruit (strawberries, pineapple, watermelon, cantaloupe, honeydew melon, grapes, bananas, etc.)