

Choco Fever Dream

Healthy Yogurt Fruit Dip – Ready in 5 Minutes

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

Ingredients

Dip Base

- [ ] 1 cup plain Greek yogurt
- [ ] 2 tbsp honey
- [ ] 1 tsp fresh lemon juice
- [ ] 1/2 tsp vanilla extract
- [ ] A pinch of cinnamon (optional)

For Dipping

- [ ] 1 cup mixed fresh berries (strawberries, blueberries, raspberries)
- [ ] 1 medium apple, sliced
- [ ] 1 banana, sliced

Instructions

1. In a bowl, combine Greek yogurt, honey, lemon juice, and vanilla; whisk gently until smooth and glossy.
2. If using, stir in a pinch of cinnamon for a warm subtle spice.
3. Arrange the prepared fruit on a platter around the dip, or serve the dip in a small bowl with fruit on the side.
4. Enjoy immediately; the dip stays fresh for about an hour at room temperature, or refrigerate for later use.

Nutrition per serving

120 kcal	8 g	20 g	3 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dip thickens after refrigeration, thin it with a splash of milk or water.
- Feel free to swap honey for maple syrup for a different flavor nuance.
- A drizzle of extra honey on top of the fruit adds a glossy finish.