

Choco Fever Dream

Easy Healthy Fruit Dip

Whip up this easy, nutritious fruit dip in minutes—ideal for a snack or party.

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

Ingredients

Dip Base

- [ ] 1 cup full-fat Greek yogurt
- [ ] 2 tbsp raw honey
- [ ] 1 tsp pure vanilla extract
- [ ] 1 tsp fresh lemon juice
- [ ] A pinch of ground cinnamon (optional)

To Serve

- [ ] Assorted fresh fruit (strawberries, apple slices, banana rounds, blueberries)

Instructions

1. In a medium bowl, combine the Greek yogurt and honey; stir gently until smooth.
2. Add the vanilla extract, lemon juice, and optional cinnamon; give it a quick whisk.
3. Taste and adjust sweetness or acidity; add a bit more honey or lemon if needed.
4. Transfer the dip to a serving bowl, cover, and chill for a few minutes while you arrange the fruit.
5. Arrange sliced fruit around the dip and enjoy immediately.

Nutrition per serving

120 kcal	8 g	15 g	4 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dip thickens too much after chilling, stir in a splash of milk or water.
- For a brighter flavor, grate a tiny amount of orange zest into the dip.
- Make ahead and store in the fridge; give it a quick stir before serving.