

Choco Fever Dream

Fruit Dip – Easy Sweet Snack Recipe

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Main Dip

- [ ] 1 cup Greek yogurt
- [ ] 2 tbsp honey or maple syrup
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon zest
- [ ] Pinch of salt

Fruit for Dipping

- [ ] 1 cup strawberries, hulled and halved
- [ ] 1 cup pineapple chunks
- [ ] 1 apple, sliced
- [ ] 1 cup blueberries

Instructions

1. In a medium bowl, combine Greek yogurt, honey, vanilla extract, lemon zest, and a pinch of salt. Whisk gently until smooth.
2. Taste the dip and adjust sweetness or citrus if needed; let it rest for five minutes to let the flavors meld.
3. Arrange the washed and sliced fruit on a serving platter, keeping each type separate for visual appeal.
4. Serve the dip in a small bowl beside the fruit. Encourage guests to scoop, swirl, and enjoy.

Nutrition per serving

120 kcal	7 g	18 g	3 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dip looks too thick, stir in a tablespoon of milk or plant-based milk.
- For a tangier profile, add a splash of orange juice.
- Keep the dip chilled until serving to maintain its refreshing texture.