



### **Fruit Dip**

1 Carton Dannon Triple Zero Greek yogurt  
4 oz cream cheese, fat-free  
1/8 tsp vanilla extract  
2 tsp stevia or other sweetener

Place all ingredients in a small bowl and mix with hand mixer until smooth and creamy.

Serve with fresh fruit. Makes 4 servings.

Nutrition information per serving: 59 calories, 7 grams protein, 0 grams fat, 7 grams carbohydrate, 191 mg sodium.