

# Fruit Dip

Courtesy of: [crazyforcrust.com](http://crazyforcrust.com)  
servings

Yields: 10

## Ingredients

8 ounces lite cool whip  
1 cup non-fat plain or vanilla Greek yogurt  
1 tbsp. orange zest  
1 tbsp. fresh orange juice



## Instructions

1. Stir together cool whip and Greek yogurt. Then stir in orange zest and orange juice.
2. Store in an airtight container in the refrigerator for up to four days.
3. Serve with fruit for dipping and enjoy!
4. Recipe note: if using plain Greek yogurt, recipe can be sweetened with 1-2 tbsp. honey or maple syrup

### NUTRITION FACTS

**Per serving:** 70 calories, 3 g fat, 0 g saturated fat, 8 mg sodium, 11 g carbs, 0 g fiber, 2 g protein