



Tropical Fruit Dip

8 servings

Fruits have important nutrients like vitamin A, vitamin C, and fiber. For good health, adults should aim to consume 2 cups of fruit per day.



1 cup non-fat vanilla yogurt

- 1 (3.9 ounce) package instant coconut pudding mix
- 1 cup non-fat sour cream
- 1 cup non-fat milk
- 1 cup crushed pineapple, drained
 - 1. Wash hands with soap and water
 - 2. In a medium bowl, stir together all ingredients until well blended. Cover and chill at least 2 hours.
 - 3. Serve with fresh fruit or graham crackers

Nutrition Information per Serving: (1/8 of recipe) Calories 130, Total Fat 1.5g, Saturated Fat 1.5g, Cholesterol 5mg, Sodium 220mg, Total Carbohydrates 27g, Dietary Fiber 0g, Total Sugars 16g, Protein 3g, Vitamin D 0%, Calcium 10%, Iron 0%, Potassium 4%.

This institution is an equal opportunity provider. This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the U.S. Department of Agriculture (USDA). University of Nebraska-Lincoln Extension's educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the USDA.