



K-STATE
Research and Extension

Flavorful Fruit

Tropical Fruit Dip

6 servings

Ingredients:

2 cups fat-free
sour cream
1 cup fruit flavored
yogurt
4 tablespoons
(about 1/2 of 3.5 ounce package)
vanilla instant pudding



Directions:

Remember to wash your hands!

1. Combine sour cream, yogurt, and dry pudding in medium mixing bowl.
2. Mix well and chill.

Nutrition Facts:

Serving size ½ cup, 140 calories, 15 calories from fat, 1.5 g total fat, .5 g saturated fat, 0 trans fat, 210 mg sodium, 25 g carbohydrate, 9 g sugars, 6 g protein, 40% calcium, 20% iron

Recipe from *Kids-a-Cookin'*

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Newsletter developed by Tandalayo Kidd, PhD, RD, LPN, Associate Professor/Extension Specialist in Human Nutrition, Susie Bilderback, Extension Program Assistant, and Katie Hamm and Felicia Smith, former seniors in Dietetics • Resources: <http://www.fruitsandveggiesmorematters.org> • <http://www.kidsacookin.ksu.edu/>

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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