Fruit and Dreamy Dip
Makes 4 servings

Ingredients:
Fresh fruits: try fruits in season - apples, bananas, peaches, pears (you can also use canned fruits)

Dip:
1 cup plain low-fat yogurt
1 tablespoon honey
Pinch of cinnamon (optional)

Directions:
1. Wash the fresh fruit or rinse canned fruit
2. Slice fruit into bite-size pieces
3. Prepare dip; stir the yogurt, honey and cinnamon together. Chill before serving.
4. Arrange fruit on a plate and serve with the dip.

Source: Healthy Cents curriculum by the University of Maryland