

## Creamy Citrus Fruit Dip

1/4 cup low-fat vanilla yogurt  
2 teaspoons lemon juice  
1 packet sugar substitute  
1/4 teaspoon vanilla  
1 cup honeydew or cantaloupe cubes

1. In a small bowl combine all ingredients except the melon. Stir until well blended. Serve with melon.

*Makes 2 servings (2 tablespoons yogurt mixture plus 1/2 cup fruit per serving)*

**DIETARY EXCHANGES:**

1 Fruit

**NUTRIENTS PER SERVING:**

Cal.:62

Total Fat: <1 g

Sat. Fat: <1 g

Carb.:13g

Protein: 2 g

Chol.: 2 mg

Sodium: 36 mg

Fiber:<1 g