

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

DIETARY EXCHANGES:

1 Fruit

NUTRIENTS PER SERVING:

Cal.: 62	Cal. from Fat: 9%
Total Fat: <1 g	Sat. Fat: <1 g
Carb.: 13 g	Protein: 2 g
Chol.: 2 mg	Sodium: 36 mg
Fiber: <1 g	

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

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

Source: Diabetic Cooking Magazine

