

Zucchini Bread Recipes

Easy Fruit Dip

Simple yogurt-based dip that’s sweet, tangy, and ready in minutes.

5 min Prep time	**5 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Main Ingredients

- [ ] 1 cup Greek yogurt
- [ ] 2 tbsp honey
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon zest
- [ ] Assorted fresh fruit (strawberries, apple slices, grapes, etc.)

Optional Enhancements

- [ ] A pinch of ground cinnamon
- [ ] A drizzle of extra honey for serving

Instructions

1. In a medium bowl, whisk together the Greek yogurt, honey, vanilla extract, and lemon zest until smooth.



2. Taste and adjust sweetness; add a little more honey if you prefer it sweeter.



3. If using, stir in a pinch of cinnamon for a warm undertone.



4. Arrange washed and sliced fruit on a platter and place the dip bowl in the center.



5. Optionally, drizzle a tiny bit more honey over the dip just before serving for extra shine.

Nutrition per serving

120 kcal	10 g	18 g	3 g
Calories	Protein	Carbs	Fat

Tips & notes

- For an extra creamy texture, let the dip sit for a few minutes after mixing.
- If the dip thickens too much, stir in a splash of milk or plant-based milk.
- Serve with a handful of nuts for added crunch.