

Long Livo

Easy Fruit Dip

This easy fruit dip blends velvety Greek yogurt, a touch of honey, and a whisper of vanilla. It's a smooth, cooling companion for fresh berries, sliced apples, or any fruit you fancy. Ideal for…

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Main Ingredients

- [ ] 1 cup plain Greek yogurt
- [ ] 2 tbsp honey
- [ ] 1 tsp vanilla extract
- [ ] 1/4 cup cream cheese, softened
- [ ] Zest of 1 orange (optional)
- [ ] Pinch of salt

For Serving

- [ ] Assorted fresh fruit (strawberries, grapes, apple slices, pineapple chunks)
- [ ] Extra drizzle of honey (optional)

Instructions

1. Gather all ingredients; let the yogurt and cream cheese sit at room temperature for a few minutes.
2. In a medium bowl, combine the softened cream cheese and Greek yogurt, stirring gently until smooth.
3. Add honey, vanilla extract, orange zest, and a pinch of salt; whisk until the dip is glossy and free of lumps.
4. Cover the bowl and refrigerate for at least 20 minutes to allow flavors to meld.
5. Arrange fresh fruit on a platter, spoon the chilled dip into a serving bowl, and drizzle extra honey if desired.

Nutrition per serving

180 kcal	8 g	25 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- For an ultra-smooth texture, use a handheld mixer to blend the dip.
- If the dip feels too thick after chilling, stir in a tablespoon of milk or orange juice.
- Taste before serving; you may want a touch more honey for extra sweetness.