

Helergon Kitchen

Best Fruit Dip with Fresh Yogurt

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

Ingredients

Dip Base

- [ ] 1 cup plain Greek yogurt
- [ ] 2 tbsp honey
- [ ] 1 tsp vanilla extract
- [ ] ½ tsp lemon zest

Fruit Mix

- [ ] 1 cup strawberries, hulled and quartered
- [ ] ½ cup blueberries
- [ ] ½ cup raspberries

Optional Finish

- [ ] A pinch of ground cinnamon
- [ ] Extra drizzle of honey

Instructions

1. In a medium bowl, whisk together the Greek yogurt, honey, vanilla extract, and lemon zest until smooth.
2. Gently fold the prepared berries into the yogurt mixture, being careful not to crush them.
3. Taste and adjust sweetness if needed; add a little more honey or a pinch more zest.
4. Transfer the dip to a serving bowl, sprinkle with cinnamon or an extra drizzle of honey, and refrigerate until ready to serve.

Nutrition per serving

120 kcal	7 g	22 g	2 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a richer flavor, let the dip sit for 15 minutes before serving.
- Use seasonal fruit for the freshest taste and vibrant color.
- If the dip looks too thick, whisk in a splash of milk or extra yogurt.