

Healthy Options Recipe

Mandarin Orange Fruit Dip

Ingredients:

- 1 (8 ounce) reduced-fat cream cheese, cubed
- 16 ounces fat-free vanilla yogurt
- 1 teaspoon vanilla extract
- 1 (11 ounce) can mandarin oranges, drained
- Assorted fresh fruit (whatever is in season)

Directions:

In a mixing bowl, beat cream cheese until creamy. Add yogurt and vanilla; beat until smooth. In a small bowl, mash remaining oranges with a fork; drain. Stir into cream cheese mixture. Transfer to a serving bowl. Refrigerate until serving; serve with fruit.

This recipe is provided by SHS Wellness Programs.

Healthy Options Recipe

Mandarin Orange Fruit Dip

Ingredients:

- 1 (8 ounce) reduced-fat cream cheese, cubed
- 16 ounces fat-free vanilla yogurt
- 1 teaspoon vanilla extract
- 1 (11 ounce) can mandarin oranges, drained
- Assorted fresh fruit (whatever is in season)

Directions:

In a mixing bowl, beat cream cheese until creamy. Add yogurt and vanilla; beat until smooth. In a small bowl, mash remaining oranges with a fork; drain. Stir into cream cheese mixture. Transfer to a serving bowl. Refrigerate until serving; serve with fruit.

This recipe is provided by SHS Wellness Programs.

Healthy Options Recipe

Mandarin Orange Fruit Dip

Ingredients:

- 1 (8 ounce) reduced-fat cream cheese, cubed
- 16 ounces fat-free vanilla yogurt
- 1 teaspoon vanilla extract
- 1 (11 ounce) can mandarin oranges, drained
- Assorted fresh fruit (whatever is in season)

Directions:

In a mixing bowl, beat cream cheese until creamy. Add yogurt and vanilla; beat until smooth. In a small bowl, mash remaining oranges with a fork; drain. Stir into cream cheese mixture. Transfer to a serving bowl. Refrigerate until serving; serve with fruit.

This recipe is provided by SHS Wellness Programs.

Healthy Options Recipe

Mandarin Orange Fruit Dip

Ingredients:

- 1 (8 ounce) reduced-fat cream cheese, cubed
- 16 ounces fat-free vanilla yogurt
- 1 teaspoon vanilla extract
- 1 (11 ounce) can mandarin oranges, drained
- Assorted fresh fruit (whatever is in season)

Directions:

In a mixing bowl, beat cream cheese until creamy. Add yogurt and vanilla; beat until smooth. In a small bowl, mash remaining oranges with a fork; drain. Stir into cream cheese mixture. Transfer to a serving bowl. Refrigerate until serving; serve with fruit.

This recipe is provided by SHS Wellness Programs.