

# Easy Fruit Dip and Fresh Fruit

## Ingredients for Dip Per Lab Group:

- ½ cup (4 ounces) frozen whipped topping, thawed
- ½ cup (4 ounces) vanilla yogurt
- Fresh fruit: 1 apple, handful of grapes, ⅓ cup pineapple chunks, 1 banana, 1 strawberry per person

## Directions:

1. In a medium bowl, stir the whipped topping and yogurt using a spoon or rubber scraper until smooth. (For best results when making at home, chill in the refrigerator 30 minutes before serving.)
2. Put grapes and strawberries in colander and rinse with cold water. Also rinse apple. Check for bruised, spoiled or dirty areas on the fruit. Be careful not to crush any of the fruit.
3. Cut pineapple chunks into smaller bite size pieces if needed.
4. Cut banana into bite size pieces.
5. Use apple corer/slicer when cutting apple into bite size pieces.
6. Place fruit on plate. Use a spoon to put your serving of dip on your plate and enjoy!
7. Remove any food items remaining in colander or sink and place in trash can.
8. Fill sink ½ full with hot, soapy water. Wash, rinse and dry dishes and put neatly back where the items belong.

Supple Table:

Tray, Dry measuring cups, small bowl, medium bowl, rubber scraper