

Yogurt Dip

Ingredients:

- 32 oz container plain yogurt
- ¼ cup honey
- Optional: freshly squeezed orange or lemon juice, cinnamon

Directions:

Stir ingredients together and serve with your favorite fruits and/or veggies.



Pump it Up: Hold a heavy can in each with arms raised in front of you and twist side to side 20 times.



Food for Thought: Yogurt contains ‘good’ bacteria that helps your body digest food and maintain a healthy digestive tract .

Tasty Thoughts: _____

