

# 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: \_\_\_\_\_  
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