



## Fun and Funky Fruit Dips

Kids love to dip! These fruit dips are a fun way to encourage your children to eat fruit and try some different flavor combinations. They all have a little protein and fat to make your fruit a more balanced snack.

### Almond Butter Date Caramel

#### Ingredients

20 dates (approx. 2 cups) pitted, choose moist sticky dates, and if your dates are dry soak in warm water for 15 minutes or more  
3 tablespoons almond butter or nut/seed butter of your choice

½ teaspoon vanilla  
¾ cup almond milk or other milk substitute – less for thicker more for thinner

#### Equipment

Measuring cup  
Measuring spoon

Food processor or blender

#### Directions

1. Place dates, almond butter and vanilla in blender or food processor. Pulse one or two times before adding almond milk.
2. Start with ½ cup of almond milk and process until smooth; slowly add additional almond milk until desired consistency reached.

### Raspberry Cheesecake Dip

#### Ingredients

1 cup plain or vanilla flavored Greek yogurt  
4 oz cream cheese

½ teaspoon vanilla  
½ cup fresh or frozen raspberries (thawed)

#### Equipment

1 small bowl  
1 medium bowl  
Whisk  
Fork

Measuring cups  
Measuring spoons  
Butter knife

#### Directions

1. Allow cream cheese to soften at room temperature.
2. Place raspberries in small bowl and use a fork to completely smash the berries. Set aside.
3. Add yogurt, cream cheese and vanilla to medium bowl and use whisk or fork to combine. You may also use a hand mixture.
4. Add raspberries and stir to combine.

### **Creamy Balsamic Dip**

#### **Ingredients**

½ cup balsamic vinegar	Pinch of salt
½ cup extra virgin olive oil	½ cup of plain Greek yogurt or mayonnaise or
1 1/2 tablespoon honey or maple syrup	vegan mayonnaise spread

#### **Equipment**

Jar or container with tight fitting lid or bowl and whisk	Measuring cups
	Measuring spoons

#### **Directions**

1. Place vinegar, olive oil, honey and pinch of salt in a container with tight fitting lid. I like to use a mason jar. Shake until combined.
2. Add yogurt and continue shaking until yogurt is evenly distributed.

### **Citrus Ricotta Dip**

#### **Ingredients**

1 cup ricotta cheese	Juice from one half an orange
1 teaspoon lemon zest	1 tablespoon sugar
1 teaspoon orange zest	

#### **Equipment**

Medium bowl	Knife
Whisk or fork	Measuring spoons
Small bowl	Measuring cups

#### **Directions**

Combine all ingredients in medium bowl. Use whisk or fork to combine. If mixture is too thick add additional fresh lemon or lime juice.

😊Little Helpers: Kids can gather ingredients, measure and combine them. These dips are great for kids to help with because they require no cooking. Let them choose which fruits to dip and have them make fruit kabobs.



Nutrition: Fruit is almost always a good snack choice – filled with fiber, phytonutrients, vitamins and minerals. These dips help to make fruit a little more interesting and add some protein and fat to help little bellies feel satisfied.