

CINNAMON MAPLE DIP

INGREDIENTS *(For 8)*

- 1 cup plain greek yogurt
- $\frac{3}{4}$ tsp cinnamon
- 1 tbsp maple syrup
- $\frac{1}{4}$ tsp vanilla extract

INGREDIENTS *(Class Size: 24)*

- 3 cups plain greek yogurt
- $2\frac{1}{4}$ tsp cinnamon
- 3 tbsp maple syrup
- $\frac{3}{4}$ tsp vanilla extract



DIRECTIONS

1. Combine all ingredients in a bowl.
2. Refrigerate until ready to serve.
3. Enjoy with fresh fruit!

COOKING TIP

Keep cold foods cold. Yogurt should be stored on colder refrigerator shelves rather than on the fridge door.

FACT

The tartness of plain Greek yogurt is due to its lower sugar content compared with its counterparts typically sweetened with added sugar and/or fruit blends.