

Strawberries with Amaretto Dip

Fresh & light!

Ingredients

2 cups non-fat Greek yogurt
¼ cup no sugar added strawberry jam
¼ cup Ready-Whip
1/3 cup amaretto
2 quart fresh strawberries, washed & dried



Directions

Blend yogurt, jam and amaretto. Top with whipped topping. Serve with strawberries surrounding the dip.

Nutrition Facts

Makes 12 servings

Amount Per Serving:

Calories 75

Total Carbs 5g

Dietary Fiber 1.9 g

Total Fat 0.3 g

Protein 2g