

Dark Chocolate Greek Yogurt Fruit Dip With Cinnamon

●Servings: 4 ●Total Time: 5 minutes ●Recipe Source: Cook the Story Blog

Ingredients:

- 1/2 cup Greek Yogurt, plain
- 1/2 tsp. vanilla
- 2 Tbsp. cocoa powder
- 1/2 tsp. ground cinnamon
- 3 Tbsp. brown sugar
- A tiny pinch of cayenne pepper (optional)
- Fresh fruit for dipping



Directions:

1. Combine all ingredients in a medium-sized bowl. Stir until it is an even dark color and all of the brown sugar granules have dissolved, about 3 minutes.
2. Serve with fresh fruit such as berries, apples, or marshmallows and graham crackers for dipping.

Nutrition Information per Serving (heaping 1/8 cup with 4 strawberries and 1/2 apple):

100 calories, .7g total fat, .28g sat fat, 4.25g protein, 22.7g total carbohydrate, 14mg sodium)