

## **Strawberries with Mint Yogurt Dip**

**SOURCE:** Southern Living APRIL 2003

*Low-fat or fat-free yogurt may be used, but be sure to choose a brand that does not have gelatin as an ingredient. This does not make for a good strained yogurt.*

### **INGREDIENTS:**

1 qt vanilla yogurt  
1 TBS minced fresh mint  
1/4 tsp grated lemon rind  
2-3 TBS honey  
Garnish: fresh mint sprig  
Fresh whole strawberries

### **DIRECTIONS:**

Line a fine wire-mesh strainer with a coffee filter - place over bowl - spoon yogurt into filter. Cover with plastic wrap - chill at least 24 hours. Yogurt may be chilled up to 72 hours. It gets thicker the longer it chills.

Discard liquid in bowl, and whisk together thickened yogurt, mint, lemon rind + honey till blended. Garnish, if desired. Serve with strawberries.

Yield: 2 C of dip