

Apple-Berry Dip

SOURCE: Southern Living, MAY 2001

This recipe goes with Fun Fruit Dips

INGREDIENTS:

- 1 C fresh strawberries
- 1/2 C powdered sugar
- 1 C unsweetened applesauce

DIRECTIONS:

Mash strawberries with sugar. Stir in applesauce; chill.

Yield: 1 1/2 C (serving size: 1/4 C)

**NUTRITION PER SERVING: CALORIES 57 (0.0% from fat); FAT 0.0g (sat 0.0g, mono 0.0g, poly 0.0g);
PROTEIN 0.2g; CARB 15g; FIBER 1g; CHOL 0.0mg; IRON 0.1mg; SODIUM 1mg; CALC 5mg**