

Ghostly Halloween Fruit Dip

Adapted from a recipe by Shelley from Two Healthy Kitchens

Makes approximately 1 cup

Ingredients

- 1 cup nonfat vanilla Greek yogurt
- 3 tablespoons packed brown sugar (see note)
- 1 1/2 teaspoons honey (see note)
- 3 chocolate chips (for the ghost's face)
- Assorted fruit, for serving (see note)



Instructions

1. Mix yogurt, brown sugar, and honey together in a medium bowl.
2. Using a flexible rubber scraper, spread the yogurt dip onto a serving platter in the shape of a ghost. Don't worry about being too precise – ghosts come in all sorts of amorphous, blobular shapes!
3. Place the chocolate chips, pointy end down, into the dip, positioned as eyes and a mouth.
4. Serve with assorted fruit.

Notes

Brown sugar: Different brands of vanilla Greek yogurt vary significantly in the amount of sugar they contain and how sweet or tart they taste. We find that 3 tablespoons of brown sugar in this recipe is a good middle ground, but you can certainly adjust that according to your tastes and how sweet or tart your vanilla Greek yogurt is.

Honey: We don't recommend adjusting the honey, however, as the flavor of honey helps to counterbalance the telltale tart flavor of Greek yogurt, so we specifically recommend using the 1 1/2 teaspoons called for here.

Make-ahead options: You can make this dip even a day or two before you're going to shape and serve your ghosty. Store the dip, in a covered container, in the fridge. Alternately, you can shape the ghosty ahead of time, as well. But, be careful when covering it with plastic wrap to ensure that the wrap doesn't directly touch the yogurt and mess up your perfectly darling ghost. (If that happens, though ... don't despair. Just grab a flexible scraper and re-contour your ghost dip to smooth everything back out!

Fruit: This dip is delicious with pretty much any type of fruit, but for Halloween, we recommend choosing fruit in festive colors such as black, orange, white, and green (green and black grapes, orange cantaloupe and clementines, green/white honeydew, green kiwi, etc.). Also, to make your presentation really fun, you might want to try making fruit cut-outs or kabobs. We've got tips on that at

<https://twohealthykitchens.com/2013/07/09/how-to-make-fruit-bouquets-and-fruit-kabobs/>

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