

## Strawberry Hearts with Yogurt Dip

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## **Ingredients**

1 pint fresh strawberries

½ cup low-fat or fat-free plain yogurt



## Directions

1. Wash and dry the strawberries.
2. Cut each strawberry in half.
3. Use the tip of the knife to cut the top of the strawberry half in a V-shape and remove the stem and leaves.
4. Put the yogurt in a bowl for dipping.

**Makes 6 to 8 servings**

**Safety tip:** To prevent injuries, an adult should slice ingredients.

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*Last Updated: February 16, 2021*