

Fruit Salad with Yogurt Pudding Dip

Yogurt Pudding Dip:

- 2 cups milk
 - 1 (3-1/2 oz.) package of vanilla instant pudding
 - 1 (8 ounce) carton of low-fat vanilla-flavored yogurt
- Combine milk, yogurt, and pudding mix in mixing bowl. With a wire whisk or electric mixer at lowest speed, beat until blended (1-2 minutes). Cover and refrigerate.

Fruit Salad:

- 1 (17 oz) can apricot halves, drained
- 1 (20 oz) can pineapple chunks, drained
- 1 cup seedless green grapes, halved
- 1 cup seedless red grapes, halved
- 1 kiwi, peeled, sliced.

Cut apricot halves in half. In a bowl, layer half the apricots, half the green grapes, half the pineapple, and half the red grapes. Repeat layers. Refrigerate.



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