



Spring is coming ... someday



Even though it hasn't really felt like spring, it is spring, and spring is one of my most favorite times of the year! I love how everything gets so green and the birds are chirping and there's a certain crispness to the air on a cool spring morning that just makes me alive and ready for the day!

As I write this column, it's a whopping 32 degrees outside, not to mention really cloudy and depressing, but alas, we will celebrate springtime with some refreshing fruit dips in spite of the weather!

Fruit dips make me feel healthy, because, of course, they involve fruit. But I'm quite certain my fruit to dip ratio is a bit off balance, if you know what I mean. I could eat this stuff with a spoon and forget the fruit altogether!

(By the way, is there a book or something on proper fruit dip etiquette? How much dip per fruit slice is acceptable? And are you allowed to double dip? Oh well, I'd probably just throw the book out the window anyway!)

The first fruit dip recipe is a classic and a favorite for my family. (Grab a spoon! It's that good!) Since it's plain white, you always have the option of adding a little food coloring to spice it up a bit for a springtime party or shower.

I just found the peanut butter yogurt dip on Pinterest (simplysouthernjab.blog.spot.com), and I think I'm in love! This is what I'd call a "healthy" fruit dip, so I don't feel so badly about pigging out on it! If you use an individual size Greek yogurt and whip in the other ingredients, you have a nice little snack you could easily pack for work or school.

Fruit Dip

8-ounce cream cheese, softened
7-ounce marshmallow creme
1 tablespoon lemon juice

Blend all ingredients until smooth. Chill. Serve with your choice of fruit. (strawberries, bananas, apples, vanilla wafers, etc.)

Peanut Butter Yogurt Dip

One package (5.3 ounce) vanilla Greek yogurt
2 tablespoons peanut butter
1 tablespoon honey
Dash of cinnamon

Stir all ingredients together. Dip apples, bananas, Ritz crackers, etc.

Holyoke Enterprise April 25, 2013