

United Way of St. Charles is proud to partner with St. Charles Parish Hospital to bring you monthly healthy recipes approved by Registered Dietitian Laurie Acosta, RD, LDN, CDE.

**United Way of St. Charles and St. Charles Parish Hospital: Working Together for a Healthier Community**

## Graduation Party Fruit Dip

### PREPARATION:

- 1.) Combine all of the ingredients below in a small bowl.
- 2.) Chill and serve with apple slices. Enjoy!

*TRY DIPPING GRAPES, STRAWBERRIES & OTHER BITE-SIZE FRUIT FOR A FRESH TWIST.*



Makes 4 servings.



Prep time 15 min.

CALORIES  
**35**

SODIUM  
10MG

CARBS  
**6G**

### INGREDIENTS:

- 1 Cup Non-Fat Greek Yogurt
- 1/2 Cup Applesauce
- 1 Tbsp Honey
- 1/8 Tbsp Vanilla Extract
- 1/8 Tsp Cinnamon
- Fresh Apple Slices

**United Way of St. Charles  
Children's Book Swap**  
Give a Book. Take a Book.

**Saturday, June 20, 2015**  
**10am-1pm**

**United Way Office:**  
**13207 River Road in Luling**

Freshen up your child's book collection this summer by bringing in books your child no longer reads and exchanging them for "new" titles.

The event will include free snowballs, story time, giveaways, bookmark making and more!

**Early Childhood through  
Fifth Grade Reading Levels**

For more information, please  
visit **UWAYSC.ORG**  
or call 985-331-9063.

To view this recipe online and current United Way of St. Charles news, visit: **UWAYSC.ORG**