



Creamy Pear Dip

GREEN

Makes 3 cups.

500g cooked pears
500g ricotta cheese
200g reduced fat yoghurt
1 tablespoon honey
1 teaspoon vanilla essence

1. If using pear halves, cut them into smaller pieces
2. Place pears, ricotta, yoghurt, honey and vanilla essence into a blender and blend until the mixture is smooth and creamy.
3. Put the dip into a bowl and refrigerate until needed.

Serving suggestions

Cut up pieces of your favourite fruit for dipping or, you might like to use it as a topping on pikelets, toast, English muffins or rice cakes.

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