



Creamy, Dreamy Dark Chocolate Almond Butter Fruit Dip

The creamy Greek yogurt, chocolate-y goodness and hint of almond create a super scrumptious flavour combination that will have you wishing that double dipping wasn't a faux pas. Serve with clementines, apple slices, bananas, strawberries, blackberries, pineapple – whatever fruit you love!

Prep Time: 5 minutes

Ingredients:

- 1 cup plain Greek yogurt
- ¼ cup almond butter
- 3 tbsp cocoa powder
- 2 to 3 tbsp date syrup, depending on desired sweetness
- 1 tsp vanilla
- pinch sea salt

Optional Garnish: top with chopped almonds and dark chocolate

How To Make:

1. In a small bowl, stir together all ingredients until well-combined.
2. Refrigerate for at least 30 minutes before serving.
3. Top with chopped almonds and dark chocolate if desired.

Notes:

Use least 2% Greek yogurt, but 5% is even better. Never fat free – it just won't have the same creamy texture.

To make date syrup, blend 5 to 7 moist, medjool dates with about ¾ cup of water until totally smooth. If you don't want to make date syrup, just use maple syrup or honey.