

Apricot Dip

Ingredients

- 1 c Orange Juice
- ½ c chopped dried apricots
- ½ c applesauce
- ¼ tsp ground cinnamon
- 2 dashes ground nutmeg
- 1 c fat free vanilla yogurt

Directions

1. In sauce pan, combine orange juice and apricots
2. Bring to boil over medium high heat then reduce heat to simmer
3. Stirring frequently, mash apricots with back of spoon
4. Simmer about 15 minutes until all liquid is absorbed
5. Place in bowl and cool
6. Once cooled mix in remaining ingredients
7. Chill about 1 hour in the refrigerator

Serving Size varies