Sweet Snack Dips

Heavenly Chocolate Dip

1 cup low-fat sour cream
¼ cup honey (or to taste)
½ cup unsweetened cocoa
1 teaspoon vanilla extract

In medium bowl, combine sour cream, honey, cocoa and vanilla. Mix until well blended. Makes 1¼ cups.

Creamy Orange Dip

1 cup non-fat plain yogurt
2 Tablespoons frozen orange juice concentrate
2 teaspoons sugar

In medium bowl, combine yogurt, orange juice concentrate and sugar. Mix until well blended and sugar is dissolved. Makes 1 cup.

Serve as dips for assorted fruits (strawberries, orange segments, pineapple chunks, kiwifruit rounds, grapes, apple wedges) and squares of angel food cake.