

"Caramel" Yogurt Dip



Brought to you by:  **DELTA DENTAL**





Ingredients

- ¼ teaspoon salt
- 2 tablespoons agave syrup
- ¼ cup brown sugar
- 6 ounces of plain yogurt
- 1 teaspoon vanilla



Directions

1. Combine the salt, syrup and sugar in a small saucepan and heat on low until sugar dissolves.
2. Remove from heat and stir in yogurt and vanilla.
3. Allow to cool. For a thicker dip, refrigerate overnight.

