Chai-Spiced Caramel Yogurt Dip
Adapted by Behavioral Health & Nutrition, College of Health Sciences

Ingredients:

- 1 tbsp unsalted butter
- ¼ cup brown sugar
- 2 tbsp pure maple syrup
- ½ tsp salt
- Masala Chai Spice Blend:
  - ¼ tsp ground cinnamon
  - ¼ tsp ground ginger
  - ¼ tsp ground cardamom
  - ¼ tsp ground clove
  - Pinch ground allspice
  - Pinch fresh black pepper (optional)
- 1 tsp pure vanilla extract
- 1⅛ cups plain Greek yogurt

Preparation:

In a small saucepan, melt butter over medium heat. Add brown sugar and maple syrup. Heat gently, stirring continuously until the sugar dissolves. Turn off the heat and add salt, spices (less to taste if desired), vanilla and yogurt. Mix until lump-free and smooth. Allow to cool. Serve fresh fruit slices - apples and pears are great!