Tropical Fruit Dip
8 servings

8 oz. non-fat vanilla yogurt
1 (3.9 oz.) package instant coconut pudding mix
8 oz. non-fat sour cream
1 cup skim milk
8 oz. crushed pineapple

1. In a mixing bowl, stir together all ingredients until well blended. Cover and chill at least 2 hours.
2. Serve with fresh fruit or graham crackers.