Fruit & Peanut Butter Dip
Makes 6 – 1 cup servings

Fruit
Makes 6 servings

Ingredients:
6 cups of washed, raw fruit such as:
apple slices
banana slices
kiwi slices
pear slices
grapes
strawberries
melon slices

Directions:
1. Wash and slice fruit.
2. Arrange fruit on a plate around a small bowl.

Dip
Makes 6 – 2 tablespoon servings

Ingredients:
½ cup plain yogurt
½ teaspoon of vanilla
1/3 cup peanut butter

Directions:
1. Combine yogurt, vanilla, and peanut butter in a bowl.
2. Mix well.
3. Chill dip in refrigerator until ready to serve

Source: Eating Smart Being Active curriculum Colorado State University and University of California Extension

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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