Peanut Butter Yogurt Dip
Makes 14 – 2 tablespoon servings

Ingredients:
1 cup non-fat plain yogurt
1 teaspoon vanilla
3/4 cup peanut butter

Directions:
1. Combine all ingredients in a bowl and mix well.
2. Keep in a covered container and refrigerate until ready for use.

Source: Finding A Balance curriculum, Food and Nutrition Education in Communities, Cornell University, Division of Nutritional Sciences