Peanut Butter Yogurt Dip
Makes 8 servings

Ingredients:
- 1 cup non-fat plain yogurt
- 1 teaspoon vanilla
- 3/4 cup reduced fat peanut butter
- (optional) cinnamon

Fruits to dip: apples, peaches, grapes, strawberries, pears, or other

Directions:
1. Combine yogurt, vanilla and peanut butter in a bowl and mix well. Sprinkle with cinnamon if desired.
2. Keep in a covered jar and refrigerate until ready for use.
3. Cut up fruits to eat with dip.

Source: Cornell University Cooperative Extension – New York City Nutrition & Health Programs Recipe Collection.