Peanut Butter Yogurt Dip for Fruit

Ingredients:
1 8-ounce carton of low-fat vanilla yogurt
2 tablespoons peanut butter
Cinnamon (optional)
Fruits to dip: apples, peaches, grapes, strawberries, pears, or others

Directions:
1. Mix together peanut butter and yogurt. Sprinkle with cinnamon if desired.
2. Cut up fruits to eat with dip.

Servings vary depending on amount of fruit


Nutrition Facts
Serving Size 1/12 of recipe
Servings Per Recipe 12
Amount Per Serving
Calories 35 Calories from Fat 15
% Daily Value *
Total Fat 1.5g 2%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 20mg 1%
Total Carbohydrate 4g 1%
Dietary Fiber 0g 0%
Sugars 3g
Protein 1g
Vitamin A 2% Vitamin C 0%
Calcium 2% Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

42.9% calories from fat