Dip for Fruit
Makes 12 servings

Ingredients:
2 tablespoons peanut butter
1 cup of low-fat vanilla yogurt
Cinnamon (optional)
Fruits to dip: apples, peaches, grapes, strawberries, pears, or your favorite

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

Source: Sisters in Health: A Nutrition Program for Women. Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 1999

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Nutrition Facts

<table>
<thead>
<tr>
<th>Serving size</th>
<th>1/12 of recipe (22g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per serving</td>
<td>Calories 35</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>51% calories from fat</td>
</tr>
</tbody>
</table>

- Total Fat 2g | 3%
- Saturated Fat 0.5g | 3%
- Trans Fat 0g
- Cholesterol 0mg | 0%
- Sodium 20mg | 1%
- Total Carbohydrate 2g | 1%
- Dietary Fiber 0g
- Total Sugars 2g | 0%
- Includes 0g Added Sugars
- Protein 2g

Vitamin D 0mcg | 0%
Calcium 20mg | 2%
Iron 0mg | 0%
Potassium 38mg | 0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

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