



Fruit and Peanut Butter Dip

Makes: 6 servings (1 cup fruit and 2 tablespoons dip per serving)

Preparation Time: 10 minutes

Ingredients

6 cups of washed, sliced, fresh fruit such as apple, banana, pear, grapes, or strawberries
½ cup plain yogurt
½ teaspoon vanilla
⅓ cup peanut butter

Directions

1. Wash all the fruit, and slice it into pieces that are easy to dip.
2. Collect and measure all ingredients before starting to prepare the recipe.
3. Combine yogurt, vanilla, and peanut butter in a medium bowl, and mix well.
4. Chill dip in refrigerator until ready to serve.
5. Serve with fruit arranged on a plate around a bowl of the dip.
6. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Be creative! Spread dip on a tortilla, add banana, and roll up.

Nutrition Facts	
6 servings per container	
Serving size	2 Tablespoons (35g)
Amount Per Serving	
Calories	100
<small>% Daily Value*</small>	
Total Fat 8g	10%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 44mg	4%
Iron 0mg	0%
Potassium 127mg	2%
<small>*The % Daily Value (DV) 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.</small>	

Dip only



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Celebrate! Eat Smart & Be Active