

Fresh Fruit with Yogurt Peanut Dip

Ingredients:

6 ounces low-fat vanilla yogurt
 2 tablespoons peanuts, chopped
 2 cups mixed fruit (grapes, banana slices, apple wedges, strawberries)

Equipment:

Knife
 Cutting board
 Mixing bowl
 Spatula

Number of Servings: 4
 Preparation Time: 5 minutes
 Total time: 5 minutes

Directions

Combine yogurt and peanuts. Mix with a spatula.
 Place a toothpick in the center of each fruit.
 Dip fruit into the yogurt peanut mixture.

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Nutrition Facts

Serving Size: 1/2 cup
 Servings: 4

Amount Per Serving

Calories 185 Calories from Fat 27

%Daily Value*

Total Fat 3g 5%

Saturated Fat 1g 3%

Cholesterol 2mg 1%

Sodium 33mg 1%

Total Carbohydrate 37g 12%

Dietary Fiber 3g 11%

Protein 5g 10%

Vitamin A 9% Vitamin C 157%

Iron 3% Calcium 9%

*Percent Daily Values are based on a 2,000 calorie diet.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.