

Fruit and Peanut Butter Dip

Ingredients:

1/2 cup peanut butter,
 unsalted
 6 ounces vanilla yogurt,
 low-fat
 4 apples, or other fruits
 or vegetables

Equipment:

Cutting board
 Knife
 Mixing bowl
 Spatula
 Measuring cups

Number of Servings: 8
 Preparation Time: 5 minutes
 Total time: 5 minutes

Directions

1. Microwave peanut butter in medium bowl for 20 to 30 seconds to soften.
2. Add yogurt to peanut butter and mix well.
3. Leave the skin on the apple and cut in half through the core.
4. Then cut each piece in half again until you have 4 quarters.
5. Cut out seeds and core and chop into slices.
6. Serve dip with apples or other fruit or vegetables.

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Nutrition Facts

Serving Size: 1 apple w/ 3 tbs. dip
 Servings: 8

Amount Per Serving	
Calories 195	Calories from Fat 81
%Daily Value*	
Total Fat 9g	14%
Saturated Fat 2g	10%
Cholesterol 1mg	0%
Sodium 17mg	1%
Total Carbohydrate 56g	8%
Dietary Fiber 5g	19%
Protein 5g	11%
Vitamin A 2%	Vitamin C 13%
Iron 3%	Calcium 5%

*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.