

Eat Smart • Move More

Yogurt Peanut Butter Dip

Prep Time: 5 minutes

Total Time: 5 minutes



Ingredients

- ½ cup peanut butter
- 6 ounces low-fat vanilla yogurt
- 8 cups favorite fruit, sliced

Nutrition Facts

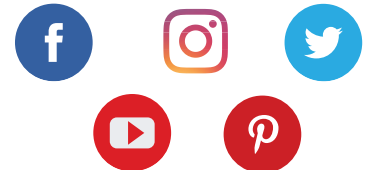
8 servings per container	
Serving size	1 serving (202.26g)
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 29g	11%
Dietary Fiber 5g	18%
Total Sugars 22g	
Includes g of Added Sugars	
Protein 5g	
Vitamin D 0mcg	0%
Calcium 54mg	4%
Iron 0mg	2%
Potassium 312mg	6%

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

Quick Tips

- ▶ Use any combination of your favorite fruits - like apples, strawberries, grapes, or bananas.
- ▶ Always wash fruit before cutting or eating.
- ▶ Smooth or crunchy peanut butter? You decide!

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Directions

- Place the peanut butter in a microwave safe bowl in the microwave for 20-30 seconds, until soft and runny.
- Mix the yogurt with the peanut butter. Stir well.
- Serve dip with cut fruit.

(Recipe adapted from Colorado State and University of California at Davis, as listed at: <https://whatscooking.fns.usda.gov>)

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