

## FRUIT AND PEANUT BUTTER DIP

Yield: 6 Servings | Serving Size: 1 cup fruit and 2

Tablespoons dip Cost/Serving: \$1.80

#### **Ingredients:**

6 cups of washed raw fruit such as apples, bananas, pears, grapes, or strawberries

1/2 cup plain yogurt

1/2 teaspoons vanilla

1/3 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.

**Note:** Nutrition facts are for dip only.

This recipe and photo are used with the permission of Colorado State University Extension's Eating Smart Being Active program.

### **Nutrition Facts**

6 servings per container

Serving size 2 Tablespoons (35g)

# Amount Per Serving Calories

100

	% Daily Value*
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%

<sup>\*</sup>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.

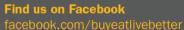


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