



Fruit & Peanut Butter Dip

Fruit

Makes: 6 (1 cup) servings
 Preparation Time: 15 minutes

Ingredients

6 cups of washed, raw fruit such as:
 apple slices
 banana slices
 kiwi slices
 pear slices
 grapes
 strawberries
 melon slices

Directions

1. Wash and slice fruit.
2. Arrange fruit on a plate around a small bowl.

Dip

Makes: 6 (2 tablespoon) servings
 Preparation Time: 5 minutes

Ingredients

½ cup plain yogurt
 ½ teaspoon of vanilla
 ⅓ cup peanut butter

Directions

1. Combine yogurt, vanilla, and peanut butter in a bowl.
2. Mix well.
3. Chill dip in refrigerator until ready to serve.

Peanut Butter Dip

Nutrition Facts

Serving Size 2 tablespoons (34g)
 Servings Per Container 6

Amount Per Serving	
Calories 90	Calories from Fat 60
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 4g	

