



Easy Peanut Butter Dip



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Serves 8

Ingredients

- 1 cup low-fat or fat-free vanilla Greek yogurt
- 1/3 cup peanut butter

Directions

1. Mix the yogurt and peanut butter together with a spoon until smooth and creamy.
2. Serve as a healthy dip with apples, pears or graham crackers.

Nutrition information (2½ tbsp. serving size)

93 calories, 6g fat, 1g sat fat, 6g carbohydrates, 6g protein, 1g fiber, 1 mg cholesterol, 61 mg sodium