



A Nutrition Resource

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%**

*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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