

# Fruit and Peanut Butter Dip

**Makes:** 6 Servings

Use yogurt, peanut butter, and vanilla to create a dip for your favorite fruits.

## Ingredients

- 1 cup apple slices
- 1 cup banana slices
- 1 cup pear slices
- 1 cup grapes
- 1 cup strawberries
- 1 cup melon slices
- 1/2 cup yogurt, non-fat plain
- 1/2 teaspoon vanilla
- 1/3 cup peanut butter

## Directions

1. Prepare fruit by washing and slicing if necessary.
2. Arrange fruit on a plate around a small bowl.
3. To make dip, combine yogurt, vanilla and peanut butter in a small bowl.
4. Mix well.
5. Chill dip in refrigerator until ready to serve.

## Notes

Can use six cups of any washed fruit.

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>179</b>
<b>Total Fat</b>	<b>8 g</b>
Saturated Fat	2 g
Cholesterol	0 mg
<b>Sodium</b>	<b>83 mg</b>
<b>Total Carbohydrate</b>	<b>26 g</b>
Dietary Fiber	3 g
Total Sugars	18 g
Added Sugars included	1 g
<b>Protein</b>	<b>5 g</b>
Vitamin D	0 IU
Calcium	61 mg
Iron	1 mg
Potassium	422 mg

N/A - data is not available

### MyPlate Food Groups

 Fruits	1 cup
 Protein Foods	1 1/2 ounces

