

Creamy Peanut Dip

Makes: 6 servings

With just three simple ingredients, this peanut dip is an easy way to make ordinary fruit or veggie sticks extraordinary!

Ingredients

1/4 cup peanut butter (creamy)

2 tablespoons orange juice

1/2 cup yogurt, low-fat vanilla

Directions

1. In a small bowl, mix the peanut butter and orange juice until smooth.
2. Stir in the vanilla yogurt.
3. Cover and put in the fridge until chilled.

Notes

Serve with fresh apples, pears, carrot sticks or celery sticks.

Nutrition Information

Nutrients	Amount
Calories	80
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	15 mg
Total Carbohydrate	6 g
Dietary Fiber	1 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	4 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available