



# Fruit and Peanut Butter Dip

Servings 6 | Prep time 20 mins. | Total time 20 mins.

## Equipment:

2 small bowls  
Cutting board  
Serving plater

## Utensils:

Knife  
Measuring cups and spoons

## Ingredients

1 cup plain low-fat yogurt  
2/3 cup peanut butter OR nut butter  
6 cups fruit, sliced

## Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. To make the dip, soften peanut butter in microwave for 10 to 20 seconds on high.
3. Stir yogurt into peanut butter in a small bowl. Refrigerate.
4. Prepare fruit by washing and slicing.
5. Arrange fruit on a plate with the bowl of dip in the center. Cover and refrigerate until ready to serve.

## Nutritional Information:

Calories 280  
Total Fat 15g  
Sodium 150mg  
Total Carbs 32g  
Protein 10g