



Fruit and Peanut Butter Dip

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

Equipment: 2 small bowls, Measuring cups, Cutting board, Plate

Utensils: Knife, Spoon

Ingredients

1 cup plain, non-fat yogurt

2/3 cup peanut butter, smooth or crunchy

6 cups fruit, sliced

Instructions

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