Peanut Butter Fruit Dip

Serve this yummy dip with your favorite seasonal fresh fruit. Try strawberries in the early summer or apples in the fall.

Serves 10

Ingredients

- ½ cup peanut butter
- ½ cup nonfat Greek yogurt
- 2 tablespoons honey
- ¼ cup milk
- ½ teaspoon cinnamon
- 2 tablespoons ground flax seeds

Directions

1. Mix all ingredients together until smooth.
2. Serve with sliced fruit.

Nutrition Facts

Serving Size 2 Tablespoons
Servings Per Recipe 10

Amount Per Serving

Calories 100	Calories from Fat 60
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 65mg	**3%**
Total Carbohydrate 7g	**2%**
Dietary Fiber 1g	**4%**
Sugars 5g	
Protein 5g	

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

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