

Peanut Butter and Sweet Honey Yogurt Dip

Prep time

3 mins

Total time

3 mins

This afternoon snack will satisfy both your hunger and sweet tooth for hours!

Author: MyRDNutritionist

Serves: 2

Ingredients

- One container of your favorite plain greek yogurt
- 2 tablespoons freshly ground peanut butter, I love Whole Foods
- 2 teaspoons honey
- fresh fruit, like sliced apples or banana

Instructions

1. Slice apples and bananas
2. pour all ingredients into a bowl mix until the peanut butter is mixed well with the yogurt, pour into 2 serving bowls and dip

Nutrition Information

Serving size: 1/2 recipe Calories: 225 Fat: 8 Saturated fat: 1 Fiber: 3 Protein: 12

Recipe by MyRDNutritionist at <http://myrdn.com/peanut-butter-sweet-honey-yogurt-dip/>

