
PEANUT BUTTER YOGURT DIP WITH FRESH FRUITS & VEGETABLES

Gluten-Free, Egg-Free, Vegetarian

Yield: 4 servings **Total time:** 10 minutes

Ingredients

- 1 cup nonfat plain Greek yogurt
- 1/4 cup peanut OR nut butter
- 1 tbsp honey OR maple syrup
- 1/2 tsp ground cinnamon
- 2 medium apples, sliced
- 1 large banana, sliced
- 1 cup whole strawberries
- 1 cup baby carrots
- 1 stalk celery, chopped

Directions

1. Wash and prep fresh fruits and vegetables: slice apples and bananas, chop celery.
2. In a small bowl, whisk together the yogurt, peanut butter, honey and cinnamon.
3. Store in an airtight container until ready to serve.
4. Serve with prepped fruits and vegetables.

Per serving: Calories 223; Total Fat: 9g; Saturated Fat: 1g; Sodium: 186mg;
Total Carbohydrates: 34g; Fiber: 6g; Protein: 6g

Ingredient/Prep tip

- Store dip in the refrigerator for up to 5 days or the freezer for up to 3 months. To thaw, refrigerate overnight.



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Grocery List

- Nonfat Greek yogurt
- Peanut or Nut butter
- Honey or Maple syrup
- Cinnamon
- Apples
- Banana
- Strawberries
- Carrots
- Celery

Kitchen Equipment

- Measuring cups & spoons
- Cutting board
- Chef's knife
- Small bowl
- Whisk
- Serving bowl and platter

- May add additional toppings to dip: unsweetened coconut flakes, dried fruit, ground flaxseed, chia seeds, nutmeg, pumpkin spice, dark chocolate chips, etc.
- May serve with whatever fruits and vegetables you prefer pears, peaches, oranges, grapes, pineapple, melon, broccoli, cauliflower, radishes, etc.

Nutrition Information

- Peanut/nut butter is rich in protein, fiber and healthy monounsaturated fats.
- Protein is important for your immune system, nerves, and fluid balance. As you get older you need additional protein to maintain muscle mass.
- Monounsaturated fat is considered a healthy fat because it can help lower your LDL or “bad” cholesterol and increase your HDL or “good” cholesterol which can reduce risk of cardiovascular disease.
- Peanut and nut butter are low-glycemic foods, which means that eating them won’t cause a spike in your blood sugar levels.
- Greek yogurt is higher in protein and probiotics compared to traditional yogurt. Probiotics are healthy bacteria that can help boost your immune system and aid in healthy gut health.
- Greek yogurt is also an excellent source of potassium, vitamin B12, and calcium.

Notes