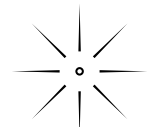


Try it “Tuesdays”



Fruit and Peanut Butter Dip



Fruit

Ingredients

6 cups of washed, raw fruit such as:

- Apple slices
- Banana slices
- Kiwi slices
- Pear slices
- Grapes
- Strawberries
- Melon slices

Directions

Wash and slice fruit. Arrange fruit on a plate around a small bowl.

Peanut Butter Dip

Ingredients

- 1/2 cup plain yogurt
- 1/2 teaspoon of vanilla
- 1/3 cup peanut butter

Directions

Combine yogurt, vanilla, and peanut butter in a bowl. Mix well. Chill dip in refrigerator until ready to serve.

Makes: 6 (1 cup) servings

Preparation Time: 15 Minutes

Cooking Time: none

Makes: 6 (2 Tbls) servings

Preparation Time: 5 Minutes

Cooking Time: none

For more information, Contact your local EFNEP office

Peanut Butter Dip

Nutrition Facts	
Serving Size 2 tablespoons (34g)	
Servings Per Container 6	
Amount Per Serving	
Calories 90	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 4g	

