

# FRUIT AND PEANUT BUTTER DIP

*Sourced from USDA MyPlate*

**TOTAL PREP TIME: 10 MINUTES**  
**SERVINGS: 6 | SERVING SIZE: 1/6 RECIPE**

## NUTRITION FACTS

181 calories  
Total Fat: 8g  
Saturated Fat: 2g  
Carbohydrates: 25g  
Fiber: 4g  
Protein: 6g  
Sodium: 73mg  
Cholesterol: 0.5mg

## INGREDIENTS

- 1 cup each of the following:
  - apple slices
  - banana slices
  - pear slices
  - grapes
  - strawberries, hulled
  - melon slices
- 1/2 cup yogurt, non-fat plain
- 1/2 teaspoon vanilla
- 1/2 cup peanut butter

## DIRECTIONS

1. Wash hands and assemble clean equipment.
2. Prepare fruit by washing and slicing if necessary.
3. Arrange fruit on a plate around a small bowl.
4. To make dip, combine yogurt, vanilla, and peanut butter in a small bowl.
5. Mix well.
6. Chill dip in refrigerator until ready to serve.

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## NUTRITION AND RECIPE TIPS

- You can use six cups of any washed fruit. Be creative! Spread dip on a tortilla, add banana and roll up. Or for additional crunch, top the dip with peanuts.
- Out of fresh fruit? Use canned fruits instead and use a fork to dip the fruit.
- Sprinkle lightly with cardamom, cinnamon, or nutmeg for a warm flavor.
- Excellent source of **potassium**: important for blood pressure maintenance and muscle contraction.
- Good source of **iron**: prevents anemia; aids in body growth and development.
- Fruits have **antioxidants**: may help our bodies fight disease. The more variety of colorful fruits on your plate, the more types of antioxidants you will eat.