

Peanut Butter Yogurt Dip

Ingredients:

- 1 cup low-fat Greek yogurt
- 1/4 cup creamy peanut butter
- 2 teaspoons honey or maple syrup

Honey should not be served to children under one year old.

Directions:

1. Wash hands with soap and warm water.
2. Mix yogurt, peanut butter, and honey or maple syrup together in a bowl.
3. Serve with sliced fruit or whole grain crackers.

Nutrition Facts (Per Serving)

Calories, 95; Carbohydrate, 6 g; Protein, 6 g; Total fat, 6 g; Saturated fat, 2 g; Trans fat, 0 g; Cholesterol, 6 mg; Fiber, 1 g; Total Sugars, 4 g; Sodium, 62 mg; Calcium, 30 mg; Folate, 8 mcg; Iron, 0 mg; Calories from fat, 57%.

Makes 6 servings, approximately 2 tablespoons each.

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The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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