

Fruit and Peanut Butter Dip

Use yogurt, peanut butter, and vanilla to create a dip for your favorite fruit.

Makes: 6 servings

Ingredients

- ½ cup plain yogurt
- ½ cup peanut butter
- ½ teaspoon vanilla
- 1 cup apple slices
- 1 cup banana slices
- 1 cup strawberries
- 1 cup grapes

Directions

1. To make the dip: mix yogurt, peanut butter, and vanilla in a small bowl.
2. Chill dip in refrigerator until ready to serve.
3. Arrange fruit on a plate around the dip bowl.

Notes

- Use six cups of any fruit – try sliced melons, pears, or peaches.
- Spread dip on a tortilla, add banana, and roll up.

Recipe from: *Eating Smart, Being Active*, Colorado State University and University of California at Davis, adapted by the USDA Food and Nutrition Administration.



###

USDA is an equal opportunity provider, employer, and lender.