

Dip for Fruit

Ingredients

2 Tablespoons peanut butter
1 (8-ounce) carton of low-fat vanilla yogurt
cinnamon , optional

Makes 12 servings

Instructions

- Using a wire whisk mix together the peanut butter and yogurt. Sprinkle with cinnamon if desired.
- Wash fruit, and then cut up to eat with dip.

Note:

- Use fruits to dip such as apples, peaches, grapes, strawberries, pears, or others.

Nutrition Facts

Serving Size 1 1/2 Tablespoon
Servings Per Container 12

Amount Per Serving

Calories 30 **Calories from Fat** 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 3g **1%**

Dietary Fiber 0g **0%**

Sugars 3g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

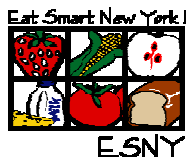
Fat 9 • Carbohydrate 4 • Protein 4

45% calories from fat

(Exempt from recipe policy / condiment)

Source: Adapted from: Sisters in Health: A Nutrition Program for Women. Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 1999.

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