

PEANUT BUTTER FRUIT DIP

Peanut Butter Fruit Dip

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 25 (Serving = 3 Tablespoons)

Nutrition (per serving)

Calories: 35	Total Carbohydrate: 3
Total Fat: 2 g	Dietary Fiber: 0 g
Saturated Fat: 0 g	Total Sugars: 2 g
Sodium: 20 mg	Protein: 2 g

Ingredients

- 1 1/3 cup non-fat, vanilla Greek Yogurt
- 1/3 cup creamy peanut butter
- 1 Tablespoon honey
- 1/4 teaspoon cinnamon

Directions

1. In a medium sized bowl stir all ingredients together until well combined.