



Peanut Butter Yogurt Dip

Serving Size: 2 tablespoons dip, 2 apple slices; 2 baby carrots, 1 pretzel rod

Ingredients:

8 ounces vanilla yogurt, non-fat
8 ounces peanut butter, reduced fat
4 medium apples, sliced
32 baby carrots
16 pretzel rods

Directions:

1. Combine yogurt & peanut butter; mix well.
2. Serve with apples, carrots & pretzels.



Nutrition Facts: Calories, 140; Calories from fat, 45; Total fat, 5g; Saturated fat, 1g; Trans fat 0g; Cholesterol, 0mg; Sodium, 220mg; Total Carbohydrate, 20g; Fiber, 2g; Protein, 13g; Vit. A, 60%; Vit. C, 6%; Calcium, 4%; Iron, 4%.

