

# BITS and BITES

## Peanut Butter Yogurt Dip

Makes 4 Servings

Serving Size: 3 tbsp.

### Ingredients

- ½ cup non-fat plain yogurt
- ¼ cup peanut butter
- ¾ tsp. cinnamon (optional)
- Sliced fruit for dipping (apples, grapes, berries, etc.)

### Directions

1. In a small bowl, mix together yogurt & peanut butter. Add cinnamon if desired.
2. Serve with slices of fruit or vegetables.  
Refrigerate leftovers within 2 hours.

Peanut Butter Yogurt Dip makes a **tasty but simple snack** for kids & adults! For those without peanut allergies, feel free to substitute sunflower seed butter or any type of nut butter.

Dairy foods are an essential part of a healthy diet. Increasing **low-fat dairy** can reduce your risk of osteoporosis, heart disease, type 2 diabetes, & high blood pressure.

- Choose skim (non-fat) or 1% (skim) milk, not 2% or whole. You could also choose calcium-fortified soy milk
- Choose low-fat yogurt with active cultures & check the added sugar
- Limit your intake of cheese & if you eat it a lot, choose skim, part skim, or reduced fat cheese

### SOURCE:

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

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