



Peanut Butter Yogurt Dip

1 Cup Low-Fat Vanilla Yogurt

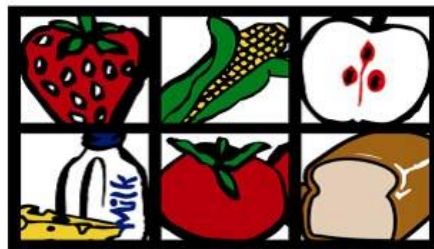
½ Cup Creamy Peanut Butter

Instructions:

1. Cream together yogurt and peanut butter
2. Use as a dip with fresh vegetables and fruit

Nutrition Facts	
Serving Size: 1 (15g)	
	% Daily Value
Calories 54	
Fat Cals. 36	
Total Fat 4g	6%
Saturated Fat 1g	4%
Cholesterol 0 mg	0%
Sodium 43 mg	2%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	2%
Sugars 2 g	
Protein 2g	%

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