

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 Fat: 2 g

Saturated Fat: 0 g

Sodium: 20 mg

Total Carbohydrate: 3 g

Dietary Fiber: 0 g

Total Sugars: 2 g

Protein: 2 g



Ingredients

- 1 1/3 cup non-fat, vanilla Greek Yogurt
- 1/3 cup creamy peanut butter
- 1 Tablespoon honey
- ¼ teaspoon cinnamon

Directions

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



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