



Celebrate! Eat Smart & Be Active



EFNEP

Expanded Food and Nutrition Education Program

Fruit & Peanut Butter Dip

Fruit

Makes: 6 (1 cup) servings

Preparation Time: 15 minutes

Ingredients

6 cups of washed, raw fruit such as:

- apple slices
- banana slices
- kiwi slices
- pear slices
- grapes
- strawberries
- melon slices

Directions

1. Wash and slice fruit.
2. Arrange fruit on a plate around a small bowl.

Dip

Makes: 6 (2 tablespoon) servings

Preparation Time: 5 minutes

Ingredients

- 1/2 cup plain yogurt
- 1/2 teaspoon of vanilla
- 1/3 cup peanut butter

Directions

1. Combine yogurt, vanilla, and peanut butter in a bowl.
2. Mix well.
3. Chill dip in refrigerator until ready to serve.

Peanut Butter Dip

Nutrition Facts

Serving Size 2 tablespoons (34g)
Servings Per Container 6

Amount Per Serving

Calories 90 **Calories from Fat 60**

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 80mg **3%**

Total Carbohydrate 5g **2%**

Dietary Fiber 1g **4%**

Sugars 2g

Protein 4g



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