

PB Yogurt Dip + Apple Slices

Nutrition Facts:	
Yield	1 apple + 2 Tbsp. dip
Calories	139
Fat	1 g
Sodium	25 mg

Code
\$, Q, RH



Ingredients Needed:

¾ cup plain non-fat Greek yogurt
1 Tbsp. honey
1 Tbsp. peanut butter
1 tsp. vanilla extract
¼ tsp. cinnamon
5 apples, sliced

Recipe Directions:

- In a small microwave safe bowl, melt peanut butter for 20 seconds.
- Stir in yogurt, honey, vanilla, and cinnamon until smooth.
- Slice apples and dip!

