

PEANUT BUTTER GREEK YOGURT DIP

Serves 6

INGREDIENTS

- 1 1/4 cups plain, non-fat Greek yogurt
- 3 tablespoons peanut butter
- 2 teaspoons vanilla extract
- 1 tablespoon honey
- 1/2 teaspoon cinnamon



DIRECTIONS

1. Mix all ingredients with a spoon until smooth.
2. Refrigerate. Serve with sliced apples, bananas, graham crackers, or pretzels.

NUTRITION INFORMATION PER SERVING (1/4 cup)

Calories: 92, Total Fat: 4g, Saturated Fat: 1g, Sodium: 61 mg ,Carbohydrate 7g, Sugar: 6g, Protein: 8g

SOURCE:

<http://allezgourmet.com/2013/03/11/quickie-peanut-butter-cinnamon-greek-yogurt-dip/>
