

# PEANUT BUTTER FRUIT DIP

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 Carbohydrate: 3 |
| Total Fat: 2 g     | Dietary Fiber: 0 g    |
| Saturated Fat: 0 g | Total Sugars: 2 g     |
| Sodium: 20 mg      | Protein: 2 g          |

## Ingredients

- 1 1/3 cup non-fat, vanilla Greek Yogurt
- 1/3 cup creamy peanut butter
- 1 Tablespoon honey
- 1/4 teaspoon cinnamon

## Directions

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