

# Peanut Butter Yogurt Dip

Makes about 8 servings

## Ingredients

- 1 cup low-fat vanilla yogurt
- 1 cup peanut butter

## Directions

1. Mix well in a bowl or resealable plastic bag.
2. Great with apples, pears, bananas or celery. Can also be used in sandwiches.

## Nutrition Facts

Serving Size 1/4 cup (62.62g)  
Servings Per Container 8

Amount Per Serving	
<b>Calories</b> 230	Calories from Fat 150
% Daily Value*	
<b>Total Fat</b> 17g	<b>26%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 7g	
<b>Protein</b> 10g	<b>20%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.



# Pumpkin Yogurt Dip

Makes about 6 servings

## Ingredients

- ½ cup canned pumpkin
- 1 cup vanilla low-fat yogurt
- ½ teaspoon cinnamon

## Directions

1. Mix well in a bowl or resealable plastic bag.
2. Freeze extra pumpkin in a plastic freezer-safe container for later use.

## Nutrition Facts

Serving Size 1/4 cup (61.44g)  
Servings Per Container 6

Amount Per Serving	
<b>Calories</b> 45	Calories from Fat 5
% Daily Value*	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 7g	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 6g	
<b>Protein</b> 2g	<b>4%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

