

PB & YOGURT FRUIT DIP

Don't limit your dipping options to just fruit. Try a mix of sweet and savory options, like pretzels, pita, even chips.

ALL YOU NEED:

- 1 cup Plain Greek yogurt
- 1 tbsp Hy-Vee creamy peanut butter
- 2 tbsp Hy-Vee non-fat cream cheese
- 1 tbsp Hy-Vee honey
- 1/2 tsp Hy-Vee cinnamon



ALL YOU DO:

1. Mix all ingredients in a small bowl until well combined. Serve with fruit. Refrigerate if serving later; refrigerate leftovers.

NUTRITION FACTS PER SERVING: SERVES 8

Calories: 40 Total Fat: 1g Saturated Fat: 0g Trans Fat: 0g Cholesterol: 0g Sodium: 50mg
Carbohydrates: 4g Fiber: 0g Sugar: 4g Protein: 4g