



## Creamy Peanut Butter Fruit Dip

Servings: 4

### Ingredients:

- ½ cup creamy peanut butter
- ¼ cup frozen unsweetened orange juice concentrate, thawed
- ½ cup plain low-fat yogurt

### Directions:

1. Beat together all ingredients until fluffy.
2. Cover and chill.
3. Serve with assorted fruits.
4. Refrigerate leftovers immediately.



Archive version -- See extension.missouri.edu

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### Nutrition Facts

Amount Per Serving

**Calories** 230

Calories from Fat 150

% Daily Value\*

**Total Fat** 16g **25%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 160mg **7%**

**Total Carbohydrate** 15g **5%**

Dietary Fiber 2g **8%**

Sugars 11g

**Protein** 10g

Vitamin A 2%

Vitamin C 40%

Calcium 6%

Iron 4%

### Tips:

- Go online to find a farmers market at: [agebb.missouri.edu/fmkt\\_dir/index.htm](http://agebb.missouri.edu/fmkt_dir/index.htm) or other Missouri local foods at: [foodcircles.missouri.edu/sources.htm](http://foodcircles.missouri.edu/sources.htm)

☺ Want your kids to reach for a healthy snack? Make sure fruits and veggies are in reach.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local food stamp office or go online to [dss.mo.gov/fsd/fstamp/](http://dss.mo.gov/fsd/fstamp/)