



## August 25- Asian Peanut Butter Dip with Celery

Not Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/asian-peanut-butter-dip-celery>

### Recipe

*Ingredients:*

- 3 tablespoons peanut butter (creamy)
- 2 tablespoons apple butter
- 2 tablespoons milk (skim)
- 1 tablespoon soy sauce (reduced sodium)
- 1 ½ teaspoons lime juice
- 10 celery stalk (cut into fourths)

*Directions:*

1. Combine peanut butter, apple butter, milk and soy sauce in a small bowl.
2. Wisk together until very smooth.
3. Store tightly, sealed in refrigerator.
4. Serve with celery or other crunchy fruits and vegetables.

Yield 5 servings

### Nutrition Facts

Serving Size 1 1/2 tablespoons  
(123.16g)  
Servings Per Container 5

Amount Per Serving

**Calories** 110      **Calories from Fat** 35

% Daily Value\*

**Total Fat** 4g      **6%**

Saturated Fat 1g      **4%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 280mg      **12%**

**Total Carbohydrate** 16g      **5%**

Dietary Fiber 3g      **10%**

Sugars 11g

**Protein** 3g      **7%**

Vitamin A 8%      •      Vitamin C 6%

Calcium 4%      •      Iron 4%

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