



## July 28- Fruit Dippers

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/fruit-dippers>

### Recipe

*Ingredients:*

- ½ cup yogurt, low-fat vanilla
- 2 Tablespoons peanuts
- 2 cups fruit

*Directions:*

1. Combine yogurt and peanuts. Mix with a spoon.
2. Place a toothpick in the center of each fruit.
3. Dip fruit into the yogurt peanut mixture.

Yield 4 servings

### Nutrition Facts

Serving Size 1/4 recipe (109.62g)  
Servings Per Container 4

**Amount Per Serving**

**Calories** 110      **Calories from Fat** 20

**% Daily Value\***

**Total Fat** 2g      **3%**

Saturated Fat 0g      **2%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 35mg      **1%**

**Total Carbohydrate** 20g      **7%**

Dietary Fiber <1g      **4%**

Sugars 18g

**Protein** 3g      **5%**

Vitamin A 0%      •      Vitamin C 4%

Calcium 6%      •      Iron 2%

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