



November 18- Creamy Peanut Dip

Smart Snack

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

Recipe

Ingredients:

- ¼ cup peanut butter
- 2 Tablespoons orange juice
- ½ cup low-fat vanilla yogurt

Directions:

1. In a small bowl, mix the peanut butter and orange juice until smooth.
2. Stir in the vanilla yogurt.
3. Cover and put in the fridge until chilled.

Yields 6 servings

Nutrition Facts

Serving Size 2 tablespoons (37.25g)
Servings Per Container 6

Amount Per Serving

Calories 80 Calories from Fat 40

% Daily Value*

Total Fat 4.5g 7%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 90mg 4%

Total Carbohydrate 8g 3%

Dietary Fiber 1g 4%

Sugars 5g

Protein 3g 7%

Vitamin A 0% • Vitamin C 4%

Calcium 4% • Iron 0%

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