



Cent\$ible Nutrition Program

Helping Families Eat better for Less

Peanut Butter Yogurt Dip*

1 cup nonfat plain yogurt
1 teaspoon vanilla
 $\frac{3}{4}$ cup peanut butter
slices of your favorite fruits or vegetables (apples, pears, peaches, celery, carrots, etc.)

1. In a bowl, combine yogurt, vanilla, and peanut butter. Mix well.
2. Serve with slices of fruits or vegetables. Can also be used in sandwiches. Keep leftover dip refrigerated.

Nutrition Facts

Serving Size: 1/4 cup (71g)

Servings: 8

Amount Per Serving

Calories 170 Calories from Fat 100

% Daily Value*

Total Fat 12g **19%**

Saturated Fat 2.5g **12%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 9g **3%**

Dietary Fiber 2g **6%**

Sugars 6g

Protein 8g

Vitamin A 0% ■ Vitamin C 0%

Calcium 6% ■ Iron 2%

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

*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to [www.uwyo.edu/cent\\$ible](http://www.uwyo.edu/cent$ible) for more information.



TV Show

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Visit us on the web: [www.uwyo.edu/cent\\$ible](http://www.uwyo.edu/cent$ible)

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