



3-INGREDIENT PEANUT BUTTER DIP

March 1

Peanut Butter Lovers Day



INGREDIENTS

- 2 Cups Whole Milk Plain Yogurt (23 grams of sugar per 6 oz or less)
- 1 Cup Peanut Butter
- Cinnamon (to taste)
- 3 Cups Apple Slices

DIRECTIONS

1. In small bowl, whisk together yogurt and peanut butter.
2. Sprinkle with cinnamon and enjoy with apple slices.
3. Refrigerate any leftovers.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Fruit

MEAL TYPE

-  Snack

YIELD

3 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup Dip + ½ Cup Apple Slices	¼ Cup Dip + ½ Cup Apple Slices	½ Cup Dip + ¾ Cup Apple Slices	½ Cup Dip + ½ Cup Apple Slices