

Appetizer

Peanut Butter 'N Yogurt Dip

Skippy Natural Peanut Butter

1/2 cup Skippy Natural Creamy Peanut Butter Spread

1 cup nonfat vanilla yogurt

6 cups assorted fruit (sliced apples, bananas, strawberries and/or peaches)

Combine the peanut butter and yogurt in a medium bowl.

Place the fruit in a bowl next to the dip.

Use granola as an optional topping.

Per Serving (excluding unknown items): 206 Calories; trace Fat (1.6% calories from fat); 12g Protein; 40g Carbohydrate; 0g Dietary Fiber; 4mg Cholesterol; 155mg Sodium. Exchanges: 2 1/2 Other Carbohydrates.