

Appetizers

Trail Mix Dip

www.peanutbutter.com

Servings: 12

Start to Finish Time: 10 minutes

2/3 cup Skippy Super Chunk or Creamy peanut butter

2/3 cup fat-free milk

1/2 cup low-fat granola with raisins

2 tablespoons sweetened, dried cranberries

2 tablespoons dried apricots, diced

In a medium bowl, whisk together the peanut butter and milk.

Stir in the granola, cranberries and apricots.

Serve with apple wedges and pita chips.

Yield: 1 1/2 cups

Per Serving (excluding unknown items): 3 Calories; trace Fat (1.5% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Fruit.