



Peanut Butter Fruit Dip

8 servings

10 minutes

Ingredients

1/2 cup All Natural Peanut Butter
1 cup Unsweetened Coconut Yogurt
1 tbsp Maple Syrup

Nutrition

Amount per serving	
Calories	117
Fat	9g
Monounsaturated	4g
Carbs	7g
Fiber	1g
Sugar	3g
Protein	4g
Cholesterol	0mg
Sodium	9mg
Potassium	95mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	73mg
Iron	0mg

Directions

- 1 Combine all ingredients together in a bowl or a food processor and mix well. Enjoy!

Notes

Serving Size: One serving is equal to approximately 3 tbsp of dip.

Leftovers: Keeps well in the fridge up to 3 to 4 days. Stir well before serving.

Serve it With: Sliced fruit such as strawberries, bananas, apples, pears or pineapple.

Nut-Free: Make it with sunflower seed butter instead of peanut butter.

No Coconut Yogurt: Use Greek yogurt or almond yogurt instead.