




PEANUT BUTTER WHIP WITH APPLES



Prep Time: 10 Minutes
Cook Time: 10 Minutes
Total Time: 10 Minutes
Serves: 2

Ingredients:

plain yogurt
creamy natural peanut butter
honey
apple (sliced)

Equipment:

measuring spoons
apple corer or knife

This recipe is easy to scale up or down depending on how many snacks you need. Just stay with a ratio of four parts yogurt to one part peanut butter.



Visit our website for more delicious dairy rich recipes!



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Nutrition Facts

servings per container
Serving size (129g)

Amount per serving
Calories **120**

% Daily Value*

Total Fat 4.5g **6%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 35mg **2%**

Total Carbohydrate 17g **6%**

Dietary Fiber 3g **11%**

Total Sugars 12g

Includes 1g Added Sugars **2%**

Protein 5g

Vitamin D 0mcg **0%**

Calcium 37mg **2%**

Iron 0mg **0%**

Potassium 138mg **2%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients:

- 4 tablespoons nonfat plain Creek yogurt
- 1 tablespoon creamy natural peanut butter
- 1/2 teaspoon honey
- 1 medium apple, cored and sliced into 12 wedges

Instructions:

1. Combine yogurt, peanut butter and honey in a small bowl; whisk with a fork until well blended. Serve immediately, or cover and chill until ready to use.
2. Divide apple wedges between two plates. Spoon 2 tablespoons of peanut butter whip onto each plate.



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