



Sweet Peanut Buttery Dip

Yield: 4 servings

Cost Per Serving: N/A

Cook Time: 5 minutes

Ingredients:

- 1/3 cup vanilla-flavored yogurt (fat-free)
- 2 tsp packed brown sugar or blend such as Splenda brown sugar blend
- 2 Tbsp peanut butter
- 2 medium bananas (sliced)

Directions:

1. Using a fork or whisk, stir the yogurt, peanut butter, and brown sugar (or sugar blend) together in a small bowl until completely blended.
2. Serve with banana slices and wooden toothpicks, if desired.
3. Cook's Tip: You can cover this dip with plastic wrap and refrigerate it up to 1 week.

Recipe adapted from: American Diabetes Association