Easy Peanut Butter Yogurt Fruit Dip

Prep: 10 minutes` Total: 0 hours

Servings: 8 servings | 1x | 2x | 3x

INGREDIENTS

- 2 (6 oz.) containers Organic Valley Vanilla Grassmilk Yogurt
- ½ cup natural peanut butter
- 4 oz. Organic Valley Cream Cheese, soften
- 2 Tbsp. honey
- 1 tsp. vanilla extract
- ½ tsp. cinnamon (optional)

INSTRUCTIONS

1. In a bowl, combine all of the ingredients.
2. Mix with hand mixer or stand up mixer until well combined. May also use a food processor.
3. Transfer dip to a small bowl. Chill for 30 minutes to thicken.
4. Serve with fresh fruit (bananas, strawberries, apples, kiwi, pineapple, grapes, etc.).
5. Store in an airtight container in the fridge for up to 5 days.

NUTRITION INFORMATION

Serving Size: 1/8 of recipe (~1/3 cup) **Calories:** 210 **Fat:** 14g **Sodium:** 136mg
Carbohydrate: 14g (**Fiber:** 2g **Sugar:** 9g) **Protein:** 6g

DIETARY

Egg-Free **Gluten-free** **Grain-Free** **Vegetarian**

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