



## Peanut Butter Dip

Submitted by Betty Jo Luther, TOPS MD 0454 Williamsport

Servings: 6

Ingredients	Nutrient value per serving Based on 1500-calorie diet
<p>1/3 cup reduced-fat peanut butter 1/4 cup plain, nonfat yogurt 2 T. frozen apple juice concentrate, thawed 1 1/2 packets sweetener</p>	<p>Exchanges ..... 1 very lean meat ..... 1 fat ..... 1/2 fruit Calories..... 100 Calories from Fat ..... 54 Total Fat..... 6g (12%) Saturated Fat ..... 1g (7%) Cholesterol..... 0 Sodium..... 96 mg (4%) Total Carbohydrate ..... 9g (4%) Dietary Fiber ..... 1g (5%) Sugars ..... 5g Protein ..... 5g</p>
Instructions	Notes
<p>Mix together all ingredients and refrigerate overnight.</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>