Boston Medical Center
Nutrition Resource Center
Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org

Peanut Butter Yogurt Dip
Serves 5

Ingredients
1 cup vanilla Greek yogurt
1/3 cup creamy peanut butter
Assorted items for dipping such as carrot and celery sticks, apples and pears, or
low-sodium pretzels

Directions
Using a whisk, combine peanut butter and yogurt until smooth. Serve.

Recipe Note:
1. Sunflower seed butter can be substituted for the peanut butter.
2. May use plain Greek yogurt; just add 1 teaspoon honey and 1/4 teaspoon
vanilla extract.

Nutritional Information per 1/4 cup serving:
Calories: 134        Carbohydrates: 13g
Total Fat: 5g        Cholesterol: 0mg
Saturated Fat: 1g    Dietary Fiber: 1g
Protein: 11g         Sodium: 134mg