

**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