

## Ben's best peanut butter N yogurt dip

**PREP TIME:** 5 minutes  
**MAKES:** 12 servings

### WHAT YOU NEED

1/2 cup Skippy Natural Creamy Peanut Butter Spread  
1 cup nonfat vanilla yogurt  
6 cups assorted fruit (sliced strawberries, bananas  
and/or peaches)

### MAKE IT

1. Combine Skippy Natural Creamy Peanut Butter Spread with yogurt in medium bowl. Use as a dip for fruit...or try topping with whole grain granola.

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### Nutrition Information per serving:

Calories 90, Calories From Fat 50, Saturated Fat 1g, Trans Fat 0g, Total Fat 6g, Cholesterol 0mg, Sodium 50mg, Total Carbohydrate 7g, Sugars 4g, Dietary Fiber 1g, Protein 3g, Vitamin A 2%, Vitamin C 15%, Calcium 2%, Iron 2%