



PEANUT BUTTER YOGURT FRUIT DIP

RECIPE FROM AMANDA LATVALA
MAKES ABOUT 1 CUP

A healthier take on the classic marshmallow fluff fruit dip. This dip tastes great with any fruit or just right off the spoon.

- 1 cup yogurt, plain or vanilla
- 2 tablespoons peanut butter
- 1-2 teaspoons maple syrup, omit if using vanilla yogurt
- Fruit of choice: my favorites are apple, pear, banana, grapes, berries, pineapple

Mix all ingredients in a small bowl and dip away!



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