**Recipe card instructions:**
For best results, print two-sided cards on heavyweight paper, such as card stock. Select the “flip on short edge” print setting to ensure the back side of the card isn’t upside down. Cut out each card along dashed lines.

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<table>
<thead>
<tr>
<th>Creamy Peanut Butter Fruit Dip</th>
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</tr>
</thead>
<tbody>
<tr>
<td>½ cup creamy peanut butter</td>
<td>½ cup creamy peanut butter</td>
</tr>
<tr>
<td>¼ cup frozen unsweetened orange juice concentrate, thawed</td>
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</tr>
<tr>
<td>½ cup plain low-fat yogurt</td>
<td>½ cup plain low-fat yogurt</td>
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Source: University of Missouri Extension Family Nutrition Education Programs

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Creamy Peanut Butter Fruit Dip

Nutrition Facts
Serving Size: 1/4 cup

Amount Per Serving
Calories 230

% Daily Value*
Total Fat 16g 25%
Sodium 160mg 7%
Total Carbohydrate 15g 5%
Dietary Fiber 2g 8%
Protein 10g

Vitamin A 2% Vitamin C 40%
Calcium 6% Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.