



Creamy Peanut Butter Fruit Dip

Servings: 8

½ cup creamy peanut butter

¼ cup frozen unsweetened orange juice
concentrate, thawed

½ cup plain low-fat yogurt

1. Beat together all ingredients until fluffy.
2. Cover and chill.
3. Serve with assorted fruits.
4. Refrigerate leftovers immediately.



Nutrition Facts

8 servings per container

Serving size 2 Tablespoons
(40g)

Amount per serving

Calories 120

% Daily Value*

Total Fat 8g 10%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 80mg 3%

Total Carbohydrate 7g 3%

Dietary Fiber 1g 4%

Total Sugars 5g

Includes 1g Added Sugars 2%

Protein 5g

Vitamin D 0mcg 0%

Calcium 84mg 6%

Iron 0mg 0%

Potassium 177mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Helpful Tips

- Go online to find a farmers market at: seasonalandsimple.info or other Missouri local foods at: showmefood.org
- Want your kids to reach for a healthy snack? Make sure fruits and veggies are in reach.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local resource center or go online to mydss.mo.gov/food-assistance