

# Healthy Fruit Dip

Serves: 4  
(4 oz. servings)

Total Time:  
5-10 minutes



## Instructions

1:  
Mix all ingredients together and enjoy with fresh fruit (such as apples, bananas, strawberries, pears, etc.)



## Ingredients

2 cups (16-oz)

Plain 0% fat Greek or regular yogurt

2 Tbsp.

Dark chocolate or semi-sweet mini chocolate chips

3 Tbsp.

Peanut butter

1 1/2 tsp

Vanilla extract

2-3 Tbsp.

Sweetener of choice

**Optional:**

Cinnamon, nuts, or any combination of ingredients that sound good to you!

## Nutrition Facts:

Calories: 181

Fat: 8g

Sodium: 73mg

Carbs: 14g

Fiber: 1g

Sugars: 11g

Protein: 15g



**Greater Cleveland  
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