

Peanut Butter Fruit Dip

1 cup of Low-Fat Vanilla yogurt
1/4 cup Crunchy peanut butter
1 tsp. Vanilla
1-1 ½ tsp. Cinnamon

Mix all ingredients together, chill in the refrigerator. Pair with your favorite fruit, add granola, or eat it plain!

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All of our recipes can be found online at www.uvu.edu/wellnessed

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