

Fruit Dippers

Makes: 4 servings

With just three ingredients and three steps, this snack recipe is perfect for kids or beginner cooks of all ages.

Ingredients

1/2 cup yogurt, low-fat vanilla

1/8 cup peanuts (chopped)

2 cups fruit (grapes, banana slices, apple wedges, strawberries)

Directions

1. Combine yogurt and peanuts. Mix with a spoon.
2. Place a toothpick in the center of each fruit.
3. Dip fruit into the yogurt peanut mixture.

Source: USDA, Food and Nutrition Service (FNS) and Food and D

Nutrition Information

Nutrients	Amount
Calories	85
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	2 mg
Sodium	20 mg
Total Carbohydrate	17 g
Dietary Fiber	3 g
Total Sugars	14 g
Added Sugars included	2 g
Protein	3 g
Vitamin D	0 IU
Calcium	66 mg
Iron	0 mg
Potassium	249 mg
N/A - data is not available	
MyPlate Food Groups	
 Fruits	1/2 cup