

Peanut Butter Yogurt Dip

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PEANUT BUTTER YOGURT DIP

Servings: 6

1/2 cup nonfat plain Greek yogurt

1/4 cup peanut butter

3/4 teaspoon cinnamon (optional)

In a small bowl, mix together yogurt and peanut butter. Add cinnamon, if desired.

Serve with slices of fruit or vegetables, such as apples or pears.

Store dip in a tightly covered container in the refrigerator for up to 3-4 days.

Nutrition information per serving: 76 calories; 1 g saturated fat; 53 mg sodium; less than 1 g added sugar; less than 1 g dietary fiber; 4 g protein.

Recipe adapted from Eating Better on a Budget: Recipes from the 10 Tips Nutrition Education Series, Maine Cooperative Extension.



Protein Power

Choose nuts and nut butters. Swap your salty snack for a snack size pack of nuts or seeds. Keep a small bag of nuts (about 1/4 cup) handy in your car for a quick snack on-the-go.

Shop Smart to Save

Choose meals that also can be leftovers for lunch or frozen for later.





DIP DE CREMA DE CACAHUATE Y YOGUR

Porciones: 6

1/2 taza de yogur griego natural sin grasa

1/4 taza de crema de cacahuete

3/4 cucharadita de canela (opcional)

En un tazón pequeño, mezcle el yogur y la crema de cacahuete. Agregue canela, si lo desea.

Sirva con pedazos de frutas o verduras, como manzanas o peras.

Guarde en un recipiente bien cubierto en el refrigerador por hasta 3-4 días.

Información nutricional por porción: 76 calorías, 1 g grasa saturada, 53 mg sodio, menos de 1 g azúcar añadida, menos de 1 g fibra dietética, 4 g proteína.

Receta fue adaptada del programa Comer mejor en un presupuesto: Recetas de la serie de 10 consejos de educación nutricional, Extensión cooperativa de Maine.



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