

Peanut Butter Yogurt Dip

INGREDIENTS

- 1 cup natural peanut butter
- 1 cup Greek Yogurt (plain or vanilla)
- 1 tsp vanilla extract
- 1.5 Tbsp honey 1 tsp cinnamon
- Optional chia seeds

DIRECTIONS

Mix all ingredients together. Serve with apple slices, pretzels, or celery. You can nalso play with flavors - sup honey for maple syrup and add espresso powder for a coffee inspired dip. You can also freeze in a parchment paper lined loaf pan and make into icecream. Simple as that.

Tip: If fruit or veggies are precut and available, you'll eat them more often.

Wunsupona