

Creamy Peanut Butter Dip

Ingredients:

- ¼ cup peanut butter (*or other nut butter*)
- 1 tablespoon frozen concentrated orange juice (*do not add water*)
- ½ cup low-fat vanilla yogurt or Greek yogurt

Directions:

1. Mix peanut butter and orange juice.
2. Stir in yogurt. Mix until smooth.
3. Serve with your favorite fruit.

Makes 6 servings

From the “Let’s Start Cooking” 4-H Project Book (4-H 459)

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For more information, please contact:

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