

Fruity Peanut Butter Dip

Preparation time: 15 minutes excluding refrigeration

Ingredients

- 1 medium apple, cored and quartered but not peeled
- ½ cup dried cranberries
- 1 cup all natural peanut butter
- 1/3 cup orange juice
- ½ teaspoon cinnamon
- 6 cups of fresh fruit and vegetables such as apple slices, celery sticks and baby carrots



In a food processor, chop one apple and cranberries. In a small bowl, combine peanut butter, orange juice and cinnamon. Stir apple/cranberry mixture into peanut butter mixture until combined.

Cover and refrigerate.

Nutritional Information

Makes 14 servings

Fruits And Veggies More Matters

Calories: 157

Carbohydrates: 15g

Total Fat: 9.2g

Cholesterol: 0mg

Saturated Fat: 1.2g

Dietary Fiber: 3g

% of Calories from Fat: 52%

Sodium: 89mg

Protein: 4g