

Peanut Butter Greek Yogurt Apple Dip



Peanut Butter Greek Yogurt Apple Dip is an easy, 3-ingredient dip that takes just seconds to prepare and it's loaded with protein! Serve with sliced apples for a healthy and delicious snack.

Course	Snack
Keyword	healthy recipes, peanut butter apple dip, peanut butter greek yogurt apple dip, snack recipe
Prep Time	3 minutes
Servings	5 servings (1/4 cup each)
Calories	190kcal
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Ingredients

- 1 container (5.3 oz) vanilla greek yogurt
- 1/2 cup peanut butter
- 3 tablespoons honey

Instructions

1. Combine the yogurt, peanut butter, and honey into a small mixing bowl. Stir together until mixed well.
2. We love this served with apples but you can really use anything you want! Keep leftovers stored in the fridge, covered, for several days.

Notes

You can use any peanut butter you love (or have in your pantry) in this recipe. I have used all different kinds and it's been delicious each time. Our favorite would have to be the honey roasted peanut butter by Peter Pan brand.

If you want less sugar/less sweet then try using a container of plain greek yogurt instead of vanilla.

Nutrition

Calories: 190kcal | Carbohydrates: 15g | Protein: 7g | Fat: 13g | Saturated Fat: 3g | Cholesterol: 1mg | Sodium: 119mg | Potassium: 167mg | Fiber: 2g | Sugar: 13g | Calcium: 11mg | Iron: 1mg