

Sweet Peanut Buttery Dip

Serving Size: ½ banana + 2 Tbsp dip | Makes 4 Servings

Ingredients:

- 1/3 cup vanilla-flavored yogurt (fat-free)
- 2 tsp packed Swerve brown sugar substitute
- 2 Tbsp peanut butter
- 2 medium bananas (sliced)

Directions:

1. Using a fork or whisk, stir the yogurt, peanut butter, and brown sugar substitute together in a small bowl until completely blended.
2. Serve with banana slices and wooden toothpicks, if desired.
3. Cook's Tip: You can cover this dip with plastic wrap and refrigerate it up to 1 week.

Nutrition Facts:

- Calories: 120
- Total Fat: 1 g
- Saturated Fat: 1 g
- Cholesterol: 0 mg
- Sodium: 50 mg
- Total Carbohydrate: 22 g
- Dietary Fiber: 2 g
- Total Sugars: 12 g
- Protein: 3 g