

Peanut Butter Yogurt Dip

Makes 6 servings

3/4 cup Vanilla Greek Yogurt
1 T Peanut Butter
1.5 t Honey
1/8 t cinnamon



Combine all ingredients and refrigerate for at least 15 minutes.

Nutrition information per serving (2T): 40 calories, 1.5g fat, 3g protein, 25 mg sodium.

Adapted from Jenny Sugar, POPSUGAR Fitness

