

Easy Peanut Butter Yogurt Fruit Dip

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Five ingredients and 10 minutes of your time are all you need to make this healthy and easy Peanut Butter Yogurt Fruit Dip. *This post was created in partnership with our friends at [Organic Valley](#).*



Servings: 8 Prep: Chill: 30 minutes

Ingredients

2 (6 oz.) containers [Organic Valley Vanilla Grassmilk Yogurt](#)
½ cup natural peanut butter
4 oz. [Organic Valley Cream Cheese](#), soften
2 Tbsp. honey
1 tsp. vanilla extract
½ tsp. cinnamon (optional)

Directions

In a bowl, combine all of the ingredients.

Mix with hand mixer or stand up mixer until well combined. May also use a food processor.

Transfer dip to a small bowl. Chill for 30 minutes to thicken.

Serve with fresh fruit (bananas, strawberries, apples, kiwi, pineapple, grapes, etc.).

Store in an airtight container in the fridge for up to 5 days.

NUTRITION INFORMATION

Serving Size: 1/8 of recipe (~1/3 cup) Calories: 210
Fat: 14g, Sodium: 136mg, Carbohydrate: 14g (Fiber: 2g Sugar: 9g) Protein: 6g

DIETARY

[Egg-Free](#)

[Gluten-free](#)

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[Vegetarian](#)