

## **Peanut Butter Fruit Dip** [15 Healthy Dips and Spreads \(healthline.com\)](#) [Retrieved 5.23.24]

This makes 4 servings and tastes great with apples, bananas, grapes, and pears. This peanut butter dip is loaded with protein, fiber, and healthy fats, and takes only a few minutes to prepare. Fruit is a healthy, simple snack, and serving it with a dip can provide even more nutrients.

### **Ingredients:**

1/2 cup (128 grams) of creamy peanut butter  
1/4 cup (60 grams) of unsweetened almond milk  
2 teaspoons (15 ml) of honey  
1/2 teaspoon of vanilla extract

**Directions:** Add all the ingredients to a small mixing bowl. Whisk until smooth.

**NUTRIENTS PER SERVING:** Calories: 208 Protein: 7 grams Carbs: 10 grams Fat: 17 grams