

Peanut Butter Fruit Dip

3 ingredients · 10 minutes · 8 servings



Directions

1. Combine all ingredients together in a bowl or a food processor and mix well. Enjoy!

Notes

Serving Size

One serving is equal to approximately 3 tbsp of dip.

Leftovers

Keeps well in the fridge up to 3 to 4 days. Stir well before serving.

Serve it With

Sliced fruit such as strawberries, bananas, apples, pears or pineapple.

Nut-Free

Make it with sunflower seed butter instead of peanut butter.

No Coconut Yogurt

Use Greek yogurt or almond yogurt instead.

Ingredients

1/2 cup All Natural Peanut Butter

1 cup Unsweetened Coconut Yogurt

1 tbsp Maple Syrup