

# June Recipe of the Month

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## Creamy Dip for Fresh Fruit

This dip tastes good with any kind of fruit. Take advantage of the fresh fruits available at the farmers' markets. Choose your favorite fruits and dip away!

**Serves: 4**

**Serving size: ¼ cup**

1 cup plain, nonfat Greek yogurt  
2 tsp honey  
Dash cinnamon  
2 tbsp natural creamy peanut butter  
1 tsp vanilla



Directions:

1. Mix all ingredients together in a medium bowl.
2. Chill for 30 minutes.
3. Serve with the fruit kabob.

NOTE: You can substitute the peanut butter with ½ banana, mashed.

Per serving: 90 calories, 7g protein, 4g fat (1g saturated), 0mg cholesterol, 7g carbohydrate, 1g fiber, 6g sugar, 50mg sodium

*Recipe adapted from Simple Green Moms*



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