



K-KITCHEN
MONTHLY RECIPES + NUTRITION COACHING

Ingredients

- Greek yogurt 5% fat
- Natural peanut butter
- Honey
- Sea salt
- Apples (maybe carrots, celery or berries)

Fruit Dip

(Yogurt/PB/Honey Dip)

Preparation

1. Depending on how much dip you want, fill a bowl $\frac{3}{4}$ full of yogurt. Drizzle peanut butter and honey over the top and sprinkle with salt.
2. Stir together and taste. Adjust ingredients according to what you like.
3. Slice apples and dip into yogurt mixture.

Tips

I can eat this every day and sometimes, I just eat this alone without fruit or veg. Enjoy!