

Fluffy Peanut Butter Dip

½ cup creamy peanut butter
8 oz vanilla yogurt (no-added-sugar)
1/8 teaspoon ground cinnamon
½ cup Sugar Free Cool Whip®
4 apples, sliced

Place peanut butter, yogurt, and cinnamon in bowl and mix well. Gently add Cool Whip and stir until blended. Refrigerate until chilled. Serve with apples. Makes 12 (2 tablespoon) servings.

Nutrition information per serving: 107 calories, 3 grams protein, 12 grams fat, 12 grams carbohydrate, 58 mg sodium.