

Peanut Butter Dip

Submitted by Ruth N.

2 tablespoons of Simply Jif® peanut butter
1/2 cup Cool Whip Lite®

Mix together with a spatula or a spoon and enjoy. It is surprisingly easy to blend together, no mixer needed! Makes 4-2 Tbsp servings.

Nutrition information per serving: 68 calories, 2 grams protein, 5 grams fat, 4 grams carbohydrate, 38 mg sodium.