



## PEANUT BUTTER YOGURT DIP

Servings: 6

1/2 cup nonfat plain Greek yogurt

1/4 cup peanut butter

3/4 teaspoon cinnamon (optional)

In a small bowl, mix together yogurt and peanut butter. Add cinnamon, if desired.

Serve with slices of fruit or vegetables, such as apples or pears.

Store dip in a tightly covered container in the refrigerator for up to 3-4 days.

Nutrition information per serving: 76 calories; 1 g saturated fat; 53 mg sodium; less than 1 g added sugar; less than 1 g dietary fiber; 4 g protein.

*Recipe adapted from Eating Better on a Budget: Recipes from the 10 Tips Nutrition Education Series, Maine Cooperative Extension.*

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### Protein Power

Choose nuts and nut butters. Swap your salty snack for a snack size pack of nuts or seeds. Keep a small bag of nuts (about 1/4 cup) handy in your car for a quick snack on-the-go.

### Shop Smart to Save

Choose meals that also can be leftovers for lunch or frozen for later.





## DIP DE CREMA DE CACAHUATE Y YOGUR

Porciones: 6

1/2 taza de yogur griego natural sin grasa

1/4 taza de crema de cacahuete

3/4 cucharadita de canela (opcional)

En un tazón pequeño, mezcle el yogur y la crema de cacahuete. Agregue canela, si lo desea.

Sirva con pedazos de frutas o verduras, como manzanas o peras.

Guarde en un recipiente bien cubierto en el refrigerador por hasta 3-4 días.

Información nutricional por porción: 76 calorías, 1 g grasa saturada, 53 mg sodio, menos de 1 g azúcar añadida, menos de 1 g fibra dietética, 4 g proteína.

*Receta fue adaptada del programa Comer mejor en un presupuesto: Recetas de la serie de 10 consejos de educación nutricional, Extensión cooperativa de Maine.*



### Poder de las proteínas

Need translation.

### Compre inteligentemente para ahorrar

Need translation.



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The University of Tennessee Extension Department of Family and Consumer Sciences (UT Extension FCS) offers both the Tennessee Nutrition and Consumer Education Programs (TNCEP) and the Expanded Food and Nutrition Education Programs (EFNEP).

Through TNCEP, UT Extension FCS provides nutrition education and chronic disease prevention projects for persons eligible for the Supplemental Nutrition Assistance Program (SNAP). TNCEP is funded by the Department of Human Services (DHS) and the United States Department of Agriculture (USDA).

EFNEP is a peer-to-peer intensive direct education program which uses a hands on nutrition education approach to reach adults who are caregivers of young children as well as school-age youth at risk for food insecurity. EFNEP is funded by the United States Department of Agriculture (USDA) and by the Institute of Food and Agriculture (NIFA).