

PROTEIN PEANUT BUTTER DIP AND APPLE SLICES

INGREDIENTS

ITEM	QUANTITY
Greek Yogurt	½ Cup
Peanut Butter Protein Powder	2 Tbsps.
Honey or Sweetener	1-2 Tsps.
Cinnamon (Optional)	
Apple, Sliced	1
SERVING SIZE	**1**

PREPARATION

- Mix Greek yogurt and peanut butter protein powder until smooth.
- Add honey and cinnamon if desired.
- Stir into a creamy dip.
- Slice the apple and serve alongside the dip.

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