



Peanut Butter Yogurt Sauce

<u>U.S.</u>		<u>Metric</u>
2 Tbsp	Peanut Butter, Natural	50g
1/2 cup	Greek Yogurt, Plain	142.5g
1/2 tsp	Cinnamon	1.3g

Preparation:

1. Gather all ingredients and equipment.
2. Mix the ingredients together until smooth
3. Enjoy!

Nutrition Facts	
Serving size	20 g
Servings	10
Calories	25
Calories from Fat	15
Total Fat	1.5 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	1 g
Cholesterol	0 mg
Sodium	10 mg
Carbohydrates	1 g
Dietary Fiber	0 g
Sugars	11 g
Protein	2 g
Vitamin A	0 %
Calcium	2 %
Vitamin C	0 %
Iron	0 %
Phosphorus	27 mg
