

## Appetizers

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# Creamy Peanut Butter Dip

[www.peanutbutter.com](http://www.peanutbutter.com)

**Start to Finish Time: 5 minutes**

**1 container (8 ounce) neufchatel cheese, softened**

**1/2 cup Skippy creamy peanut butter**

**1/4 cup skim milk**

In a medium bowl, combine the cheese with the peanut butter.

Stir in the milk, adding additional milk, if needed, to reach the desired consistency.

Serve, if desired, with carrot, celery and cucumber sticks.

Serving Ideas: This dip can also be spread on bread for sandwiches.

Yield: 1 2/3 cups of dip

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Per Serving (excluding unknown items): 316 Calories; 27g Fat (75.3% calories from fat); 13g Protein; 6g Carbohydrate; 0g Dietary Fiber; 87mg Cholesterol; 484mg Sodium. Exchanges: 1 1/2 Lean Meat; 0 Non-Fat Milk; 3 1/2 Fat.