

Appetizer

Creamy Peanut Dip

Family Circle Magazine - September 2011

Servings: 4

Preparation Time: 10 minutes

The recipe can be easily doubled for a large group.

2 tablespoons creamy peanut butter

1 tablespoon fat-free milk

1/2 cup frozen fat-free whipped dessert topping, thawed

1 medium red or green pear or apple, cored and cut into 16 slices

In a small bowl, whisk together the peanut butter and milk until combined.

Gently fold in the whipped topping, leaving some streaks of whipped topping.

Serve with the fruit wedges.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .