

# Teaspoon Communications

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## Dazzling Chocolate Peanut Butter Dip



A terrific after-school snack, this tasty and satisfying dip will have your kids chomping on fresh fruits and veggies like never before. A dash of candy sprinkles adds the “dazzle” to this recipe.

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Photography: Todd Trice, [www.toddrice.com](http://www.toddrice.com)

### Ingredients

1/3 cup low-fat plain yogurt  
2 tablespoons chocolate syrup  
1/4 cup creamy peanut butter  
1 teaspoon chocolate or colored sprinkles  
4 cups fresh fruit and vegetables, cut into “dip-able” shapes (i.e., carrot sticks, cucumber slices, celery sticks, apple wedges or pear slices)

### Directions

In a medium bowl, use a hand mixer on medium speed to cream yogurt and chocolate syrup. Mix until well blended.

In a microwave-safe bowl, microwave the peanut butter at 70% power for about 1 minute or until melted; stir halfway through. Pour peanut butter into chocolate yogurt mixture and blend until smooth.

For each serving, pour 3 tablespoons dip into a small serving cup and sprinkle with 1/4 teaspoon of sprinkles. Serve with one cup of fresh fruit and/or vegetables.

Note: This dip may also be served with pretzels or spread on graham crackers.

Makes 4 servings

(3 tablespoons dip and 1 cup fruit/vegetables per serving)

Nutrition analysis per serving (3 tablespoons dip): Calories 135, Protein 5g, Fat 8g, Calories from Fat 53%, Cholesterol 1 mg, Carbohydrates 11g, Fiber 1g, Calcium 41mg, Iron 1mg