

Asian Peanut Butter Dip with Celery

Makes 5 servings

Ingredients:

3 Tablespoons creamy peanut butter
2 Tablespoons apple butter
2 Tablespoons skim milk
1 Tablespoon reduced sodium soy sauce
1½ teaspoons lime juice
10 ribs celery, cut into fourths

Directions:

1. Combine peanut butter, apple butter, milk and soy sauce in a small bowl.
2. Wisk together until very smooth.
3. Store tightly, sealed in refrigerator.
4. Serve with celery or other crunchy fruits and vegetables.

Serves 5: 70 calories, 3 g fat, <1 g saturated fat, <1 mg cholesterol, 218 mg sodium, 10g carbohydrate, 2 g fiber, 3 g protein.