



Asian Peanut Butter Dip with Celery

5 servings

Ingredients:

3 tbsp. creamy peanut butter
2 tbsp. apple butter
2 tbsp. skim milk
1 tbsp. reduced sodium soy sauce
1½ tsp. 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. Serve with celery or other crunchy fruits and vegetables.

Nutrition facts:

Calories: 70
Fat: 3g
Sodium: 218mg
Carbohydrate: 10g
Protein: 3g
Fiber: 2g