
SUN BUTTER YOGURT DIP

Level: Easy | Total: 5 Min | Yield: 1 Cup

Adapted from Katie Lee, Food Network

Ingredients

- 1/2 cup sun butter (nut/seed butter of choice)
- 1/2 cup greek yogurt (yogurt of choice)
- 2 Tbsp honey (sweetener of choice)
- 1/2 tsp ground cinnamon
- 1/2 tsp vanilla extract
- Pinch of salt
- Slivered almonds, for garnish
- Sliced apples, for serving (or ingredient of choice)

Take It On The Go:

- Yogurt cup of choice + Peanut Butter packet or small container (nut/seed butter of choice)
- Spread it on a sandwich
- Put it on a rice cake
- Dollop some on oatmeal
- Put it in a parfait



Instructions

In a medium bowl, vigorously mix together the sun butter, yogurt, honey, cinnamon, vanilla and salt. Top with slivered almonds and a drizzle of honey. Serve with sliced apples. Keep refrigerated.

Other Add-ins:

- Ground flax seed
- Chopped nuts
- Diced banana
- Chopped dates
- Chocolate Chips

Dipping Ingredients:

- Celery
- Toasted whole grain bread
- Crackers/pretzels
- Melon