

Healthy Apple Dip



5 from 8 votes

This recipe for healthy apple dip is easy to make and tastes delicious! Less than 3 ingredients required!

Prep Time

5 mins

Total Time

5 mins

Course: Side Dish, Snack Cuisine: American Servings: 6 servings Calories: 145kcal

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Ingredients

- 1 container (5.3 oz) nonfat, plain Greek Yogurt
- 6 tbsp peanut butter creamy
- 3 tbsp honey

Instructions

1. Combine the Greek yogurt, honey and peanut butter into a small mixing bowl.
2. Mixing using a spoon until combined and smooth.
3. Serve with apples. Enjoy!

Nutrition

Calories: 145kcal

<https://pinchofwellness.com>