

Peanut Butter Dip

Meat Alternate

Snacks

G-01

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Peanut butter, creamy	1 lb 7 oz	2 1/2 cups	2 lb 14 oz	1 qt 1 cup	1. In a mixing bowl, use the paddle attachment on medium speed to cream peanut butter, honey, and cinnamon. Mix for 5 minutes until smooth.
Honey	14 oz	1 cup 2 Tbsp	1 lb 12 oz	2 1/4 cups	
Ground cinnamon		1 tsp		2 tsp	

SERVING:	YIELD:	VOLUME:
2 Tbsp provides 1 1/2 Tbsp of peanut butter	25 Servings: 2 lb 5 oz	25 Servings: 3 cups 2 Tbsp
	50 Servings: 4 lb 10 oz	50 Servings: 1 qt 2 1/4 cups

Special Tip:

This dip may be served with fruit, vegetables, or pretzels, or spread on graham crackers.

Nutrients Per Serving					
Calories	203	Saturated Fat	2.7 g	Iron	.6 mg
Protein	7 g	Cholesterol	0 mg	Calcium	12 mg
Carbohydrate	18 g	Vitamin A	0 RE/0 IU	Sodium	122 mg
Total Fat	13.3 g	Vitamin C	0 mg	Dietary Fiber	2 g