**Fresh Fruit with Yogurt Peanut Dip**

**Ingredients:**
- 6 ounces low-fat vanilla yogurt
- 2 tablespoons peanuts, chopped
- 2 cups mixed fruit (grapes, banana slices, apple wedges, strawberries)

**Equipment:**
- Knife
- Cutting board
- Mixing bowl
- Spatula

**Directions**
Combine yogurt and peanuts. Mix with a spatula.
Place a toothpick in the center of each fruit.
Dip fruit into the yogurt peanut mixture.

**Nutrition Facts**
- Serving Size: 1/2 cup
- Servings: 4
- Calories: 186
- Calories from Fat: 27
- %Daily Value: 5%
- Total Fat: 3g
- Saturated Fat: 1g
- Cholesterol: 2mg
- Sodium: 3mg
- Total Carbohydrate: 37g
- Dietary Fiber: 3g
- Protein: 8g

- Vitamin A: 9%
- Vitamin C: 157%
- Iron: 3%
- Calcium: 9%

*Percent Daily Values are based on a 2,000 calorie diet.*

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