



Chocolate Peanut Butter Dip

I make this dip when I want a snack that will satisfy my sweet craving in a healthy-ish way. It's packed with protein, healthy fats and fibre (with fruit) for hunger-curbing, snacking satisfaction. It pairs perfectly with apples, pears, strawberries, bananas – whatever fruit floats your boat.

Prep Time: 5 minutes **Makes:** 4 servings (or more with a fruit platter)

Ingredients:

- 1 cup (250 mL) plain Greek yogurt (I use 5% MF mostly, 2% at least)
- ¼ cup (60 mL) natural peanut butter
- ¼ cup (60 mL) cocoa
- 1 Tbsp (15 mL) honey (or 2 if you prefer it sweeter)
- 1 tsp (5 mL) vanilla
- Pinch of sea salt
- Optional toppings: peanut butter, chopped salted peanuts and chunks of dark chocolate

How To Make:

Mix all ingredients together until well combined. Top with peanut butter, chopped salted peanuts and chunks of dark chocolate (if using).

Serve with apples, pears, strawberries and bananas for dipping.