



Yoghurt and peanut butter dip with Pink Lady® apples

Serves : 4



Created by : Recipe adapted by Heleen Meyer from the Cooking from the heart recipe book series, developed by Pharma Dynamics.

Ingredients:

- ♡ 45 ml (3 tbsp) peanut butter
- ♡ 125 ml (½ cup) plain yoghurt
- ♡ Pink Lady® apple wedges and celery sticks

Method:

1. Place peanut butter in a bowl and mix until slightly softened. Stir in the yoghurt and mix well until smooth
2. Enjoy the dipping sauce with apple and celery as a snack or sweet treat after a meal.

Chef's Tip :

1. Add a pinch of cinnamon or drop of vanilla essence to the dip for a different flavour.
2. Make sure you use a good quality peanut butter that is lower in added salt and sugar.

Pink Lady®

Make healthy living a part of your active lifestyle with Pink Lady® - naturally!

