

# Crunchy Peanut Butter Dip

## *Ingredients:*

- 8 ounces fat free cream cheese, room temperature
- 1 cup natural creamy peanut butter
- $\frac{1}{4}$  cup skim milk
- 1 tablespoon brown sugar blend
- 1 teaspoon vanilla extract
- $\frac{1}{2}$  cup chopped peanuts



## *Directions:*

1. In a bowl, mix 8 ounces fat free cream cheese, 1 cup natural creamy peanut butter,  $\frac{1}{4}$  cup skim milk, 1 tablespoon brown sugar blend, 1 teaspoon vanilla extract,  $\frac{1}{2}$  cup chopped peanuts. Stir together.
2. Serve with sliced apples