



Cinnamon Yogurt Dip

Serves: 5 | Serving size: 3 Tablespoons

Ingredients Needed:

- 1 cup plain nonfat Greek yogurt or dairy-free yogurt alternative
- 1 teaspoon cinnamon
- ½ teaspoon vanilla extract
- 1 Tablespoon maple syrup or honey
- Optional: 2 Tablespoons peanut butter or other nut butter

Directions:

1. Add all ingredients to a bowl and mix together.

Notes:

- Greek yogurt can be substituted with plain yogurt.
- To reduce the amount of sugar you can decrease the amount of maple syrup or honey.
- Serve with fruit.