

Crunchy Peanut Butter Applesauce Dip

Serves 4 - 1/4 cup

Ingredients:

- 1/2 cup applesauce
- 1/4 cup extra crunchy peanut butter
- 1/8 teaspoon ground cinnamon
- 1/4 cup dry roasted sunflower kernels
- 1/4 cup raisins or dried currants
- celery sticks, baby carrots or apple slices
- whole wheat pretzels or assorted crackers



Directions:

1. Combine applesauce, peanut butter and cinnamon in small bowl. Stir until blended. Stir in sunflower kernels and raisins.
2. Serve as a dip or spread.

Nutrition Facts	
Serving Size 1/4 cup	
Servings Per Container 4	
Amount Per Serving 1/4 cup	
Calories 260	Calories from Fat 120
% Daily Value *	
Total Fat 13g	
Saturated Fat 2g	
Trans Fat 0g	
Cholesterol 0mg	
Sodium 190mg	
Total Carbohydrate 33g	
Dietary Fiber 7g	
Sugars 7g	
Protein 8g	
Vitamin A 130%	Vitamin C 8%
Calcium 4%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Source: The J.M. Smucker Company, Jif, <https://www.jif.com/recipes/crunchy-peanut-butter-applesauce-dip-7438>

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