



Dash  
of  
Wellness

# Cookie Dough Dip

**I**  
**ILLINOIS**  
Extension  
COLLEGE OF AGRICULTURAL, CONSUMER  
& ENVIRONMENTAL SCIENCES

1 cup plain Greek yogurt	¼ tsp. vanilla extract
1 Tbsp. nut butter	1 Tbsp. mini chocolate chips
1 Tbsp. maple syrup or honey	Pinch of salt

## Directions

1. Wash hands with soap and water.
2. Mix all ingredients in a bowl and serve with fruit, crackers, pretzels, or wafers. **Yield:** 5-4 Tbsp. Servings

**Nutrition Facts** (per 4 Tbsp. serving): 80 calories, 4 grams fat, 60 milligrams sodium, 7 grams carbohydrate, 0 grams fiber, 5 grams protein

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