Wellness Committee October Snack of the Month

FLUFFY PEANUT BUTTER DIP

1 cup vanilla Greek yogurt
1 cup creamy peanut butter

Whip both ingredient's together, dip and enjoy!

It's apple season and the easiest way to get kids to eat fruit is if they have dip! Head to your favorite farm, farmers market or grocery store and grab some fresh Michigan apples.

It's okay if you don't have time for homemade. Buy pre-sliced apples and small cups of peanut butter for a quick tasty snack.

EAT SPOOKY!