

Peanut Butter Dip

Meat Alternate

Snacks

G-01

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Peanut butter, creamy	1 lb 7 oz	2 ½ cups	2 lb 14 oz	1 qt 1 cup	1. In a mixing bowl, use the paddle attachment on medium speed to cream peanut butter, honey, and cinnamon. Mix for 5 minutes until smooth. 2. Portion with No. 30 scoop (2 Tbsp). No CCP necessary.
Honey	14 oz	1 cup 2 Tbsp	1 lb 12 oz	2 ¼ cups	
Ground cinnamon		1 tsp		2 tsp	

SERVING:	YIELD:	VOLUME:
2 Tbsp (No. 30 scoop) provide 1 ½ Tbsp of peanut butter or the equivalent of ¼ oz of cooked lean meat.	25 Servings: 2 lb 5 oz 50 Servings: 4 lb 10 oz Edited 2014	25 Servings: 3 cups 2 Tbsp 50 Servings: 1 quart 2 ¼ cups

Special Tip:
This dip may be served with fruit, vegetables, or pretzels, or spread on graham crackers.

Nutrients Per Serving			
Calories	206	Saturated Fat	2.57 g
Protein	6.60 g	Cholesterol	0 mg
Carbohydrate	18.71 g	Vitamin A	0 IU
Total Fat	13.35 g	Vitamin C	0.1 mg
		Iron	0.55 mg
		Calcium	11 mg
		Sodium	128 mg
		Dietary Fiber	1.7 g