Peanut Butter Whip

This recipe is easy to scale up or down depending on how many snacks you need. Just stay with a ratio of four parts yogurt to one part peanut butter.

PREP TIME: 10 MINUTES  YIELDS: 2 SERVINGS

INGREDIENTS

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>4 tablespoons plain Greek yogurt</td>
<td>1/2 teaspoon honey</td>
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<tr>
<td>1 tablespoon creamy natural peanut butter</td>
<td>1 medium apple, cored and sliced into 12 wedges</td>
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1. Combine yogurt, peanut butter and honey in a small bowl and whisk with a fork until well blended.
2. Serve immediately, or cover and chill until ready to use.
3. Divide apple wedges between two plates.
4. Spoon 2 tablespoons of peanut butter whip onto each plate.

Research shows that children who consume a well-balanced breakfast are better students and increase their ability to focus.

Dairy foods are packed with essential nutrients, including protein, and offer great options for the morning meal.