

Warm Peanut-Caramel Dip

1/4 cup reduced-fat peanut butter
2 tablespoons fat-free caramel topping
2 tablespoons fat-free (skim) milk
1 large apple, thinly sliced
4 large pretzel rods, broken in half

DIETARY EXCHANGES:

2 Starch, 1 Fat

NUTRIENTS PER SERVING:

Cal.: 185	Cal. from Fat: 34%
Total Fat: 7 g	Sat. Fat: 1 g
Carb.: 27 g	Protein: 6 g
Chol.: <1 mg	Sodium: 274 mg
Fiber: 2 g	

1. Combine peanut butter, caramel topping, and milk in small saucepan. Heat over low heat, stirring constantly, until mixture is melted and warm.
2. Serve dip with apple slices and pretzel rods.

Makes 4 servings (2 tablespoons per serving)

Microwave directions:

Combine all ingredients except apple and pretzel rods in small microwavable dish. Microwave at MEDIUM (50%) 1 minute; stir well. Microwave 1 minute more or until mixture is melted and warm. Serve dip with apple and pretzel rods.

Source: Diabetic Cooking Magazine

