

SNACKS & DESSERTS

Sweet Almond Dip

Makes 1 serving · about ½ cup

SATIETY SCORE	NUTRITION
● ● ● ● ○ 4 / 5	HIGH
Per serving (approx.): Protein 13 g · Fiber 2 g · Calories 200	

Ingredients

- 1 Tbsp almond butter (or peanut butter)
- ½ cup Greek yogurt
- 2 tsp vanilla
- ½ Tbsp honey
- 1 tsp cinnamon

Directions

1. Combine all ingredients in a food processor, or whisk together in a bowl.
2. Refrigerate until ready to eat.

Note: Serve with apple slices, celery, carrots, and grapes — or enjoy on its own.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Makes 1 serving · about ½ cup

Check off what you need — items are grouped by store section.

DAIRY & EGGS

- ☐ ½ cup Greek yogurt

PANTRY & DRY GOODS

- ☐ 1 Tbsp almond butter

CHECK YOUR PANTRY

- ☐ Vanilla extract
- ☐ Honey
- ☐ Cinnamon