

Oak Park Dentistry for Children & Orthodontics

Please mail my award to:

Delicious and Nutritious
Fall Snack...

Great with Apples!

Pumpkin Peanut Butter Dip

1C canned pumpkin

3/4C peanut butter

1/4C honey

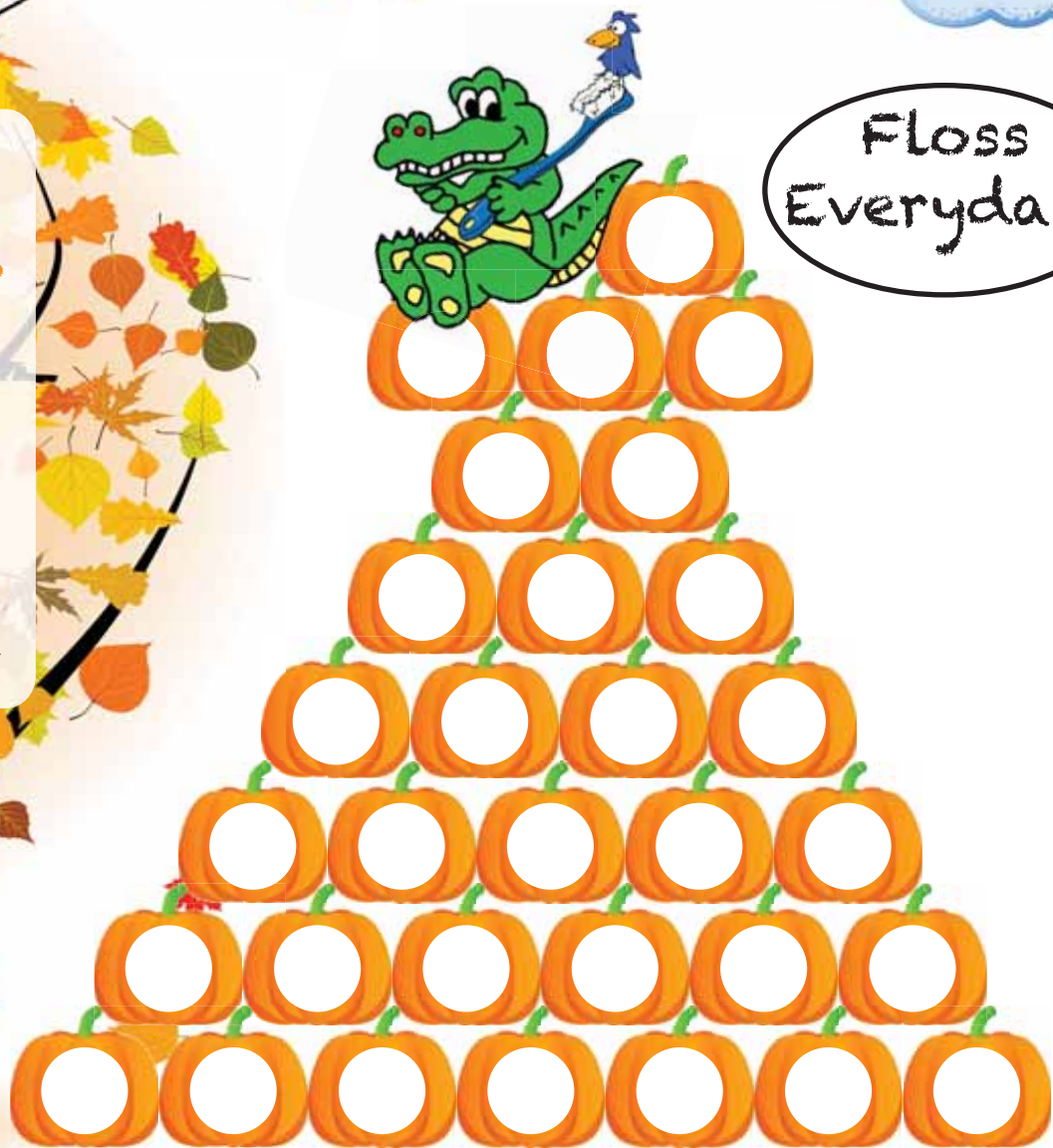
1/2t vanilla

Combine all ingredients above.
Cut apples, bananas and other
fruit into bite-size pieces to serve
with dip

Nutritional Facts

Per tablespoon: 58cal, 2g protein,
6.7g carb, 4.8g sugar, 3g fat, 1g fiber

Floss
Everyday!



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