

# CREAMY CHEESECAKE DIP

Creamy Cheesecake Dip

*Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian*

*Serves: 10 (Serving = 1/4 cup)*

## **Nutrition (per serving)**

Calories: 60	Total Carbohydrate: 4
Total Fat: 3 g	Dietary Fiber: 0 g
Saturated Fat: 1 g	Total Sugars: 4 g
Sodium: 61 mg	Protein: 2 g

## **Ingredients**

- 4 ounces low fat cream cheese, softened
- 2 Tablespoons granulated white sugar
- 1 cup nonfat, plain Greek yogurt
- 1 teaspoon vanilla extract
- 1 cup light whipped topping

## Directions

1. In a medium bowl, combine cream cheese and sugar. Mix with a fork or electric mixer until smooth.
2. Add yogurt and vanilla. Mix until well combined.
3. Fold in whipped topping until evenly distributed.

*\*Suggestion: Try using this dip as the creamy filling for a fruit trifle or as a dip for fruit skewers.*