



Apple Cinnamon Cheesecake Dip



1/6th of recipe (about 1/3 cup): 68 calories, 3g total fat (2.5g sat. fat), 78mg sodium, 8.5g carbs, 0.5g fiber, 5.5g sugars, 2g protein

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Prep: 5 minutes



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Ingredients

1/4 cup light/reduced-fat cream cheese
3/4 cup natural light whipped topping (like [Skinny Truwhip](#) or [So Delicious Dairy Free Cocowhip Light](#))
1/3 cup fat-free plain Greek yogurt
1 packet natural no-calorie sweetener
1 tsp. vanilla extract
3/4 tsp. cinnamon
Dash salt
1 cup peeled and finely chopped Fuji apple
Serving suggestions: graham crackers, apple slices (fresh or freeze-dried), strawberries

Directions

In a medium-large bowl, stir cream cheese until smooth. Add whipped topping, yogurt, sweetener, vanilla extract, cinnamon, and salt. Mix until uniform.

Gently fold in apple. Refrigerate until ready to serve.

MAKES 6 SERVINGS

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