



Gingerbread Cheesecake Dip



1/6 of recipe (about 1/4 cup): 80 calories, 3.5g total fat (2g sat. fat), 75mg sodium, 10.5g carbs, 0g fiber, 6.5g sugars, 2g protein

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Prep: 5 minutes



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Ingredients

1/3 cup fat-free plain Greek yogurt
1/4 cup whipped cream cheese
2 tsp. molasses
2 packets natural no-calorie sweetener
1 tsp. vanilla extract
1/4 tsp. cinnamon
1/4 tsp. ground ginger
1/8 tsp. pumpkin pie spice
1 dash salt
1 cup light whipped topping (thawed from frozen)
2 gingersnaps (with about 40 calories each), crushed
Serving suggestions: additional gingersnaps, strawberries, graham crackers, apple slices

Directions

In a medium bowl, combine yogurt, cream cheese, molasses, sweetener, vanilla extract, cinnamon, ginger, pumpkin pie spice, and salt.

Mix until uniform.

Gently fold in whipped topping and half of the crushed gingersnaps. Mix until uniform.

Top with remaining gingersnaps.

MAKES 6 SERVINGS

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