



## Strawberry Cheesecake Dream Dip



1/6th of recipe (about 3 tbsp.): 71 calories, 3g total fat (2.5g sat. fat), 78mg sodium, 8.5g carbs, 0.5g fiber, 5g sugars, 2g protein

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**Prep:** 10 minutes    **Cook:** 5 minutes or less

**Cool/Chill:** 2 hours and 15 minutes



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### Ingredients

1 cup chopped strawberries (fresh or thawed from frozen and drained)  
2 tsp. cornstarch  
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  
1/4 cup light/reduced-fat cream cheese, room temperature  
2 packets no-calorie sweetener (like Truvia)  
1 tsp. vanilla extract  
Dash salt

### Directions

Place strawberries in a small blender or food processor. Puree until completely smooth and uniform.

In a small nonstick pot, combine cornstarch with 1/4 cup water, and stir to dissolve. Stir in pureed strawberries.

Set heat to medium. Stirring frequently, cook until thickened, about 2 minutes.

Transfer to a medium bowl. Let cool slightly, about 15 minutes.

Meanwhile, in a separate medium bowl, combine all remaining ingredients.

Fold in strawberry mixture, and stir until mostly smooth and uniform.

Cover and refrigerate until chilled, at least 2 hours.

MAKES 6 SERVINGS

**HG FYI:** If starting with frozen strawberries, make sure no sugar has been added. The only ingredient should be the fruit itself.

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