



Long Livo

Fruit Dip With Cream Cheese – Easy Caramel Snack

10 min

Prep time

Easy

Difficulty

10 min

Total time

American

Cuisine

4

Servings

Snack

Course

Ingredients

Main Ingredients

- ☐ 8 oz (225 g) cream cheese, softened
- ☐ 3 tbsp caramel sauce
- ☐ 2 tbsp powdered sugar
- ☐ ½ tsp vanilla extract

- ☐ 1 tsp fresh lemon juice
- ☐ Assorted fresh fruit (apple slices, grapes, pear wedges)

Optional Topping

- ☐ Extra drizzle of caramel sauce
- ☐ A pinch of sea salt

Instructions

- 1 In a medium bowl, beat the softened cream cheese until smooth.
- 2 Gently fold in the caramel sauce, letting its buttery aroma fill the kitchen.
- 3 Add powdered sugar, vanilla extract, and lemon juice; whisk until the dip is glossy and free of lumps.
- 4 Taste and adjust sweetness; if you like a richer caramel note, drizzle a little more sauce over the top.
- 5 Serve the dip in a shallow bowl alongside the fresh fruit, or spread on toast for a quick snack.

Nutrition per serving

210 kcal

Calories

3 g

Protein

24 g

Carbs

12 g

Fat

Tips & notes

- If the dip becomes too thick, stir in a teaspoon of milk or cream to loosen it.
- For a deeper caramel flavor, use a homemade butter-toffee sauce instead of store-bought.
- Allow the dip to sit for a minute after mixing; this helps the flavors meld beautifully.