

Long Livo

Easy Marshmallow Fluff Fruit Dip – 3 Ingredients

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Main Ingredients

- [ ] 1 cup marshmallow fluff
- [ ] 8 oz cream cheese, softened
- [ ] 2 cups mixed fresh fruit (strawberries, blueberries, sliced banana, kiwi)

Instructions

1. In a medium bowl, combine the marshmallow fluff and softened cream cheese.
2. Use a rubber spatula to fold until the mixture is smooth, glossy, and fully incorporated.
3. Taste and, if desired, add a drizzle of honey or a splash of lemon juice for brightness.
4. Transfer the dip to a serving bowl and arrange the fresh fruit around the edge for dipping.
5. Serve immediately or chill for up to 15 minutes; enjoy the sweet-soft dip with juicy fruit.

Nutrition per serving

310 kcal	6 g	38 g	13 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dip thickens after chilling, stir in a teaspoon of milk to loosen it.
- For an extra pop of flavor, sprinkle a pinch of sea salt on top.
- Serve with crunchy pretzel sticks for a sweet-salty contrast.