

Long Livo

Fruit Dip with Cream Cheese – Easy Caramel-Flavored Snack

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

Ingredients

Main Dip

- [ ] 8 oz cream cheese, softened
- [ ] 2 tbsp caramel sauce
- [ ] 2 tbsp powdered sugar
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon juice
- [ ] Pinch of sea salt (optional)

Instructions

1. In a medium bowl, beat the softened cream cheese until smooth and airy.
2. Add the caramel sauce, powdered sugar, vanilla, and lemon juice; whisk gently until fully incorporated.
3. Taste and sprinkle a pinch of sea salt if desired; give one more quick stir.
4. Cover the bowl and chill for at least 10 minutes before serving with fresh fruit.

Nutrition per serving

150 kcal	2 g	18 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dip feels too thick after chilling, stir in a teaspoon of milk or cream.
- For extra caramel depth, drizzle a thin line of caramel over the finished dip.
- Serve with a variety of sliced fruits for texture contrast.