

Helergon Kitchen

Easy Fruit Dip – Quick and Simple

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

Ingredients

Main Dip

- [ ] 8 oz cream cheese, softened
- [ ] 1/4 cup powdered sugar
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon zest
- [ ] 1 tbsp honey (optional)
- [ ] 2 tbsp Greek yogurt (optional for thinner dip)

Instructions

1. In a medium bowl, beat the softened cream cheese with a hand mixer until smooth and fluffy.
2. Add the powdered sugar gradually, mixing on low speed to avoid a sugar cloud.
3. Stir in the vanilla extract and lemon zest, letting the aroma fill the kitchen.
4. If you like extra sweetness, drizzle in honey and give a quick pulse; for a lighter dip, fold in Greek yogurt.
5. Taste and adjust; a pinch of sea salt can heighten the flavor if desired.
6. Transfer to a serving bowl, chill for 5 minutes if you prefer a firmer texture, then serve with fresh fruit.

Nutrition per serving

180 kcal	3 g	18 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- Make sure the cream cheese is at room temperature; otherwise you'll get lumps.
- Sift the powdered sugar to keep the dip silky smooth.
- Feel free to explore the fruit salad with honey lime dressing for a tangy side.