

Helergon Kitchen

# Fruit Dip with Cream Cheese – Easy Caramel-Flavored Recipe

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| **10 min**<br>Prep time | **10 min**<br>Total time | **4**<br>Servings |
| **Easy**<br>Difficulty | **American**<br>Cuisine | **Dessert**<br>Course |

## Ingredients

### Main Dip

- [ ] 8 oz cream cheese, softened
- [ ] 1/3 cup brown sugar, packed
- [ ] 2 tbsp heavy cream
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lime juice
- [ ] Optional: 1 tbsp honey

### To Serve

- [ ] Assorted fresh fruit (strawberries, apple slices, pineapple chunks, grapes)

## Instructions

1. In a medium bowl, combine the softened cream cheese and brown sugar; whisk until smooth and pale.
2. Slowly drizzle in the heavy cream while continuing to whisk, creating a pourable consistency.
3. Stir in the vanilla extract, lime juice, and optional honey; taste and adjust sweetness if needed.
4. Transfer the dip to a serving bowl, cover, and refrigerate for at least 10 minutes before serving.
5. Arrange fresh fruit around the dip and enjoy immediately.

### Nutrition per serving

| 180 kcal | 3 g | 22 g | 9 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

**Tips & notes**

- If the dip seems too thick, add a splash more cream.
- For a deeper caramel flavor, lightly toast the brown sugar in a dry pan before mixing.
- Serve chilled for the best texture.