

Helergon Kitchen

Cream Cheese Fruit Dip – Easy Sweet Snack

10 min Prep time	**10 min** Total time	**6** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Main Ingredients

- [ ] 8 oz (225 g) cream cheese, softened
- [ ] 2 tbsp honey
- [ ] 1 tbsp fresh lemon juice
- [ ] 1 tsp vanilla extract
- [ ] Pinch of sea salt
- [ ] 3 cups mixed fresh fruit (strawberries, grapes, pineapple, kiwi)

Instructions

1. In a medium bowl, beat the softened cream cheese until smooth, then whisk in honey, lemon juice, vanilla, and sea salt until fully incorporated.
2. Taste the mixture and adjust lemon or honey if you prefer a bit more tang or sweetness.
3. Gently fold the prepared fruit into the cheese mixture, being careful not to crush delicate pieces.
4. Cover the bowl and chill for at least 15 minutes; this lets the flavors meld and the dip stay firm.

Nutrition per serving

210 kcal	4 g	22 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dip feels too thick, stir in a tablespoon of cold milk or yogurt.
- Serve with a colorful platter of fruit for visual appeal.
- Refresh the dip with a drizzle of honey just before serving for extra shine.