

Helergon Kitchen

Fruit Dip with Cream Cheese – Easy Caramel-Flavored Recipe

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

Ingredients

Main Dip

- [ ] 8 oz cream cheese, softened
- [ ] 1/3 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.