

Helergon Kitchen

Marshmallow Fruit Dip – Fluffy 2-Ingredient Treat

5 min Prep time	**5 min** Cook time	**10 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups regular marshmallows
- [ ] 1/2 cup heavy cream

Optional Enhancements

- [ ] 1 tsp vanilla extract
- [ ] Zest of 1/2 lemon
- [ ] Pinch of sea salt

Instructions

1. Place the cream in a small saucepan over low heat until just warm, not boiling.
2. Add the marshmallows to the warm cream, stirring gently until they melt into a smooth, fluffy mixture.
3. Remove from heat and stir in vanilla, lemon zest, and a pinch of salt if using.
4. Transfer the dip to a serving bowl and serve immediately alongside fresh fruit.

Nutrition per serving

210 kcal	2 g	22 g	13 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dip thickens too quickly, whisk in a teaspoon of milk or extra cream.
- For a hint of chocolate, drizzle a tiny amount of melted chocolate over the dip before serving.
- Pair with a glass of chilled sweet bakes for a delightful brunch.