

Snickerdoodle Dip

Who doesn't love a creamy dip with fruits and crackers or a delicious spread on a warm bagel?? This is a cinnamon-packed dip made with Greek yogurt (yay probiotics), fat-free cream cheese, pure maple syrup, coconut flour, vanilla extract, and almond extract. It is pretty simple and goes a long ways.

Ingredients:

8 oz (1 block) Fat-free cream cheese
 1 cup Vanilla Greek yogurt, non-fat
 ¼ cup Coconut flour
 ¼ cup Maple syrup
 2 tsp Vanilla extract
 1 tsp Almond extract
 1 tbsp Cinnamon, ground

Directions:

1. Throw all the ingredients into a blender and blend until smooth (a food processor works too). Make sure ingredients are equally dispersed throughout the dip.
2. Store in an air-tight container in the fridge for up to 7 days.
3. Enjoy with fruit or crackers! This also works well as a bagel spread.

Servings: 8
 Serving size: ¼ cup

Snickerdoodle Dip		
Nutrition Facts		
Serving Size: 1 x 1/4 Cup		
Amount Per Serving	% Daily Value*	
Calories	95.7 kcal	5 %
Total Fat	0.6 g	1 %
Saturated Fat	0.5 g	3 %
Trans Fat	0 g	
Cholesterol	0.5 mg	0 %
Sodium	211.7 mg	9 %
Total Carbohydrate	15.3 g	5 %
Dietary Fiber	1.8 g	7 %
Sugars	10 g	
Protein	5.9 g	12 %
Vitamin A	6 %	Vitamin C 0 %
Calcium	10 %	Iron 1 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com </>		