



Dash  
of  
Wellness

# Strawberry Cheesecake Dip

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1 cup plain Greek yogurt      ¼ cup powdered sugar  
4 oz. softened Neufchatel  
cheese (reduced fat cream  
cheese)      ½ cup crushed strawberries

## Directions

1. Wash hands with soap and water. Place yogurt and Neufchatel cheese in a medium bowl. Beat on low with mixer until combined.
2. Add powdered sugar and strawberries. Continue beating on medium until incorporated.
3. Transfer dip to serving bowl. *Makes 8-4 Tbsp. Servings.*

**Nutrition Facts (4 tablespoons):** Calories 75, Total Fat 4g (Saturated 3g), Cholesterol 14mg, Sodium 60mg, Total Carbohydrate 7g, Dietary Fiber 0g, Protein 4g

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