



GLUTEN FREE DIP

Almond Marshmallow Fruit Dip

8 oz. Cream Cheese, Low Fat

½ c. Sour Cream

1 tsp. Almond Extract

8oz. Marshmallow Cream

METHOD OF PREPARATION:

1. Mix cream cheese and sour cream together until smooth, blend in marshmallow cream and almond extract. Thin with milk if needed for the correct consistency.

SERVES: 20-1 ounce portions

NUTRITION: 60 Calories, 3 g Fat, 2 g Saturated Fat, 0 g Trans Fat, 8.5 mg Cholesterol, 70 mg Sodium, 8 g Carbohydrate, 0 g Dietary Fiber, 1 g Protein

WEIGHT WATCHER SMARTPOINTS = 3

ALLERGENS: Milk