



DECONSTRUCTED CHEESECAKE DIP

SERVES: 4 (¼ cup + 1 Tbsp. dip, and 2 Tbsp. crumble each) **Prep Time: 10 min. Cooking Time: None**

CONTAINER EQUIVALENTS (per serving): 1 1 2

FOR CRUMBLE:

½ cup **crushed gluten-free graham crackers**

1 Tbsp. **extra-virgin coconut oil, room temperature**

1 tsp. **pure maple syrup**

FOR CHEESECAKE:

1 cup **cream cheese, softened**

1 Tbsp. + 1 tsp. **reduced-fat (2%) sour cream**

1 Tbsp. + 1 tsp. **pure maple syrup**

½ tsp. **pure vanilla extract**

1 pinch **sea salt (or Himalayan salt)**

Mixed fruits for dipping

1. To make crumble, place graham crackers in food processor; pulse into fine crumbs. Add coconut oil and maple syrup; pulse until combined. Set aside.
2. To make cheesecake, add cream cheese, sour cream, maple syrup, extract, and salt to a large mixing bowl. Using a hand mixer, beat until smooth.
3. Transfer cream cheese mixture to serving bowl; top with graham cracker crumble. Serve immediately with mixed fruits for dipping, or store in an airtight container in the refrigerator for up to 4 days.

RECIPE NOTES:

- To bring the coconut oil to room temperature and soften the cream cheese, let them rest on the counter until soft enough to whip.
- Don't forget to use your container to count your fruit for dipping!

NUTRITIONAL INFORMATION (per serving, excluding fruit): **Calories: 277 Total Fat: 20 g Saturated Fat: 13 g Cholesterol: 52 mg Sodium: 303 mg Carbohydrates: 19 g Fiber: 1 g Sugars: 11 g Protein: 5 g**

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be made in less than 15 minutes and require little to no cooking.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.