

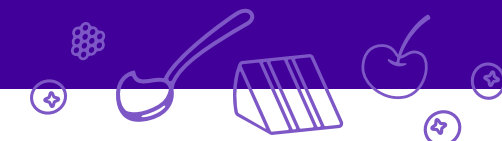


truwhip

Blueberry Cheesecake Dip

Serves: 2-6

Prep Time: 20 min



Ingredients

Cheesecake Ingredients:

4 ounces cream cheese, reduced fat
3/4 cup cottage cheese, blended
6 ounces truwhip whipped topping
(a little more than half of the container)
1/4 cup powdered monk fruit sweetener
1/2 teaspoon vanilla extract

Blueberry Topping:

1 cup blueberries
2 tablespoons water
2 tablespoons maple syrup

Directions

1. Add blueberries and water to a small pot over medium heat.
2. Let simmer for 5-10 minutes or until blueberries have broken down. You can mash them, if you desire.
3. Remove from heat and stir in maple syrup. Set aside.
4. Beat cream cheese until smooth.
5. Add blended cottage cheese, vanilla extract and powdered sugar. Beat until creamy.
6. Gently stir in truwhip whipped topping. Set in fridge 10 minutes to firm. When ready to serve, add cheesecake dip to a bowl and topped with blueberry topping and ENJOY