

Bite Spoon

# Marshmallow Fruit Dip – Quick & Easy 2-Ingredient Snack

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| **10 min**<br>Prep time | **10 min**<br>Total time | **6**<br>Servings |
| **Easy**<br>Difficulty | **American**<br>Cuisine | **Snack**<br>Course |

## Ingredients

### Main Ingredients

- [ ] 1 cup marshmallow fluff (about 300 g)
- [ ] 8 oz (225 g) cream cheese, softened

### For Serving

- [ ] Assorted fresh fruit (strawberries, blueberries, apple slices, grapes)

## Instructions

1. Place the softened cream cheese in a medium bowl; let it sit for a minute to warm slightly.
2. Add the marshmallow fluff to the cream cheese and whisk with a hand mixer on low until smooth and airy.
3. Stir in a pinch of salt and, if using, a teaspoon of lemon juice for a gentle bright note.
4. Transfer the dip to a serving bowl and arrange fresh fruit around it for dipping.
5. Enjoy immediately, or cover and refrigerate up to two hours; give a quick stir before serving.

### Nutrition per serving

| 210 kcal | 3 g | 24 g | 12 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

**Tips & notes**

- If the dip feels too thick, add a teaspoon of milk or water to loosen.
- For a decorative touch, sprinkle a few toasted coconut flakes on top.
- Serve with a rainbow fruit platter for extra visual appeal.