

Plate Dream

Marshmallow Fluff Fruit Dip – Easy 3-Ingredient Recipe

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Dessert** Course

Ingredients

Dip Base

- [ ] 1 cup marshmallow fluff
- [ ] 4 oz cream cheese, softened
- [ ] 1 tsp vanilla extract
- [ ] Pinch of salt

Optional Enhancements

- [ ] 1 tsp fresh lemon juice
- [ ] 1 tbsp powdered sugar

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 stir gently with a rubber spatula until fully combined and glossy.
3. Stir in the vanilla extract and a pinch of salt; if using lemon juice or powdered sugar, fold them in now.
4. Cover the bowl with plastic wrap and refrigerate for at least 15 minutes to set.
5. Serve the chilled dip alongside fresh fruit, pretzels, or crackers; enjoy the soft, sweet contrast.

Nutrition per serving

210 kcal	3 g	28 g	8 g
Calories	Protein	Carbs	Fat

> **Tips & notes**
> - If the dip looks a bit thick after chilling, stir in a splash of milk to loosen.
> - For extra elegance, drizzle a tiny amount of honey on top before serving.
> - The dip can double as a frosting for cupcakes if you add a bit more vanilla.