

Dialyvite® Hi-Peak Protein Fruit Dip



An easy fruit dip packed with the benefits of Dialyvite® Hi-Peak Protein.

Ingredients:

16 caramel candies ¼ cup water
8 oz Neufchatel Cheese (or Light Cream Cheese), softened 1/3 cup brown sugar, packed
3 scoops of Dialyvite® Hi-Peak Protein Powder

Unwrap the caramels and place in a small pan with the water. Stirring frequently, heat over low heat until melted. In the meantime, stir together the cream cheese, brown sugar and Dialyvite® Hi-Peak Protein Powder. Once this is blended, add the melted caramel. Mix well. This can be used immediately or refrigerated for later. If the mixture becomes too thick, just add a Tablespoon of warm water and mix. This dip is great for fresh fruit, such as apples, bananas or pineapple. It is also good with crackers, pretzels or small cookies, like ginger snaps! Recipe makes 12 servings.

Each serving contains approximately:

5.5 grams of Protein	5 grams of Total Fat	2.6 grams of Saturated Fat	11.5 grams of Sugar	134 milligrams of Sodium
	101 milligrams of Potassium	62.5 milligrams of Phosphorus	12.5 grams of Carbohydrates	114 Calories