

Fluffy Cinnamon- Cream Cheese Dip

Ingredients:

$\frac{3}{4}$ cup Cool Whip Free, thawed

$\frac{1}{4}$ cup of fat free cream cheese, room temperature

3 tablespoons Splenda No Calorie Sweetener (granulated)

$\frac{1}{4}$ teaspoon cinnamon

Directions:

Combine all ingredients in a bowl, mix until thoroughly blended and smooth. Chill for at least 10 minutes before dipping.

Makes 4 servings

Nutrition Information

Serving Size 3 tablespoons

Calories 43

Fat .5 grams

Sodium 107mg

Carbs 6.5g

Fiber 0

Sugars 2g

Protein 2.5g