

Lemon Mojo Fruit Dip

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INGREDIENTS

- 1 (8 oz) pkg cream cheese, softened
- 1 1/2 tsp lemon zest, about ½ lemon
- 1 1/2 Tbsp fresh lemon juice, about ½ lemon
- 1/2 tsp Cajun180 Dry Mojo
- 1 (7 oz) jar marshmallow creme

DIRECTIONS

1. Using an electric mixer or a food processor, mix softened cream cheese with the lemon zest, lemon juice, and Mojo until it's smooth and lightly whipped.
2. Using a rubber spatula, fold the marshmallow fluff in until it's incorporated.
3. Put in a serving dish and refrigerate for several hours. Serve with fresh fruit.



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HEALTHY SWAPS

- **Lower Fat:** Use fat-free cream cheese. 109 calories. 0g fat (0g saturated fat, 3mg.) 287mg sodium. 23g carbohydrates (0g fiber, 16g sugar.) 5g protein. Note: all see Lower Sodium option below, for another lower fat alternative.
- **Lower Carbohydrate:** Substitute reddy-whip or other low-carb whipped topping for marshmallow fluff. 130 calories. 13g fat (8g saturated fat, 49mg cholesterol.) 157mg sodium. 2g carbohydrates (0g fiber, 1g sugar.) 2g protein.
- **Lower Sodium:** Substitute Greek yogurt for cream cheese. 96 calories. 0g fat (0g saturated fat, 1mg cholesterol.) 98mg sodium. 21g carbohydrates (0g fiber, 15g sugar.) 3g protein. Note: all see Dairy-free option below, for another lower sodium alternative.
- **Dairy-free:** Use vegan cream cheese. 162 calories. 9g fat (4g saturated fat, 0mg cholesterol.) 110mg sodium. 21g carbohydrates (0g fiber, 14g sugar.) 2g protein.
- **Gluten-free:** Recipe is Gluten-free as is.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	8 servings per container	Total Fat 10g	13%	Total Carbohydrate 22g
Serving size 1/2 Cup	Saturated Fat 6g	30%	Dietary Fiber < 1g	2%
Calories per serving	Trans Fat 0g		Total Sugars 15g	
	Cholesterol 30mg	10%	Includes 0g Added Sugars	0%
180	Sodium 180mg	8%	Protein 1g	2%
	Vitamin D 0mcg	0%	2%	• Iron 0mg
	Potassium 42mg	0%		0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.