

Caramel Apple Dip

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/apple-dip-recipe-greek-yogurt>

Ingredients:

- 1 cup cream cheese regular or light
- 1 cup greek yogurt regular or light
- caramel ice cream topping
- English toffee bits Skor bits, Heath Bits or other
- apples your favorite variety
- lemon juice

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 70 milligrams
4. Fat: 22 grams
5. Fiber: 1 grams
6. Protein: 6 grams
7. SaturatedFat: 12 grams
8. Sodium: 250 milligrams
9. Sugar: 10 grams

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