

Apple Dip

1 8 ounce package fat free cream cheese, softened
½ cup fat free sour cream
2 Tablespoons light brown sugar
1 teaspoon ground cinnamon
½ teaspoon ground nutmeg
½ teaspoon vanilla extract
Pecans
Apple Slices

In a large bowl whip cream cheese and sour cream until creamy, about 2 to 3 minutes. Add brown sugar, cinnamon, nutmeg and vanilla extract. Cover and refrigerate for 1 hour. Before serving stick pecans into cheese. Serve with apple slices.

Burkleigh Boyd
Gregg County
Junior - Nutritious Snacks