

# Cheesecake Dip

## Ingredients

3 ounces Light Neufchatel cream cheese, softened  
2 tablespoons sugar  
3 tablespoons lowfat milk  
2 cups Cool Whip light whipped topping, thawed  
1 teaspoon vanilla

## Instructions

Beat cheese, sugar and milk until well blended and smooth. Fold in whipped topping and vanilla. Store in refrigerator. Use to dip cookies, cake cubes, fresh fruit, pretzel sticks, etc. Makes 2 cups. Approximately 6 calories per teaspoon.