

# Snack Smart

## Heart-healthy recipe

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February 2024



## Peanut Butter Chocolate Cheesecake Dip

### Ingredients:

- 4 ounces fat-free cream cheese (softened)
- 4 ounces low-fat cream cheese (softened)
- ¼ cup low-sodium peanut butter
- Chocolate-flavored liquid stevia sweetener to taste

### Directions:

1. In a small bowl, stir together both cream cheeses and the peanut butter until smooth. Add the liquid stevia sweetener. Stir together until well blended.
2. Serve with celery sticks, baby carrots, apple and pear slices, and no-salt-added pretzels.

### Nutrition Facts:

Serving Size: 1½ tablespoons

Per Serving: 65 calories; protein 4g; carbohydrates 2g; dietary fiber 0g; sugars 1g; total fat 4.5g; saturated fat 2.0g; cholesterol 8mg; sodium 119mg. Dietary Exchanges: ½ lean meat, 1 fat

*recipe from [recipes.heart.org](https://www.recipes.heart.org)*