

Treasure Barrel

Marshmallow Fluff Fruit Dip – Easy 3-Ingredient Recipe

5 min Prep time	**5 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Main Ingredients

- ▢ 1 cup marshmallow fluff
- ▢ 2-3 tbsp whole milk (or dairy-free alternative)
- ▢ 2 cups mixed fresh fruit (berries, apple slices, grapes)

Optional Add-Ins

- ▢ ½ tsp vanilla extract
- ▢ Zest of ½ orange
- ▢ 1 tsp honey

Instructions

1. In a medium bowl, whisk together the marshmallow fluff and milk until smooth and glossy.
2. If using, fold in vanilla extract, orange zest, or honey for extra depth.
3. Arrange the fresh fruit on a platter beside the dip, or gently toss the fruit into the bowl for a quick salad.
4. Serve immediately, or cover and refrigerate for up to an hour; stir gently before serving.

Nutrition per serving

210 kcal	3 g	45 g	2 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dip becomes too thick, add a teaspoon of milk at a time until you reach your desired consistency.
- For a tangy twist, drizzle a little honey lime dressing over the fruit just before serving.
- Ugh, watch out for very acidic fruits—they can thin the fluff unexpectedly.