



## Cream Cheese Frosting Icing Recipe

12 servings

10 minutes

### Ingredients

2 cups Cream Cheese, Regular  
(softened to room temperature, two  
250 gram pkgs)  
1/3 cup Plain Greek Yogurt  
1/3 cup Maple Syrup (more to taste)  
2 tsps Vanilla Extract

### Directions

- 1 Place all ingredients in a large mixing bowl. Use a hand mixer or stand mixer and beat on medium speed for a few minutes, or until it's smooth and fluffy, scraping down the edges as needed.
- 2 Enjoy on Healthy Carrot Cake or Carrot Cake Baked Oatmeal. Store in an air-tight container in the refrigerator.

### Nutrition

Amount per serving	
Calories	151
Fat	12g
Carbs	9g
Fiber	0g
Sugar	8g
Protein	3g