



Cream-Cheesy Drizzle

By Erin Fletter

Prep Time 7 / Cook Time / Serves 4 - 6

Equipment

- ☐ Large mixing bowl
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Liquid measuring cup
- ☐ Hand mixer

Ingredients

Cream-Cheesy Drizzle

- ☐ 4 oz cream cheese ****(for DAIRY ALLERGY sub dairy-free/nut-free cream cheese—more info below)****
- ☐ 1/4 C powdered sugar
- ☐ 1 tsp lemon juice
- ☐ 1/4 tsp pure vanilla extract ****(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)****
- ☐ 1 pinch salt
- ☐ 1/4 to 1/2 C whole milk ****(for DAIRY ALLERGY sub dairy-free/nut-free milk)****

Food Allergen Substitutions

Cream-Cheesy Drizzle

Dairy: Substitute dairy-free/nut-free cream cheese OR make a dairy-free pineapple drizzle with 1 to 2 tsp pineapple juice from can of crushed pineapple used in Springtime Carrot Cake Doughnut Holes recipe

mixed with 1 T powdered sugar. Substitute dairy-free/nut-free milk,

Gluten/Wheat: Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Instructions

Cream-Cheesy Drizzle

measure + add + whip

Measure and add **4 ounces cream cheese, 1/4 cup powdered sugar, 1 teaspoon lemon juice, 1/4 teaspoon vanilla extract, 1 pinch of salt**, and **1/4 cup milk** to a large mixing bowl. Using a hand mixer, whip until smooth, adding more milk by the tablespoon until the consistency is thin enough to pour! Drizzle over cooled doughnut holes and enjoy!

Featured Ingredient: Cream Cheese!

Hi! I'm Cream Cheese!

"I'm a soft, mildly tangy, creamy white cheese. I'm not mature like some cheeses. I'm best fresh and new. I'm similar to mascarpone, an Italian soft cheese. I'm sweetest when I'm in cheesecake or cream cheese frosting!"

Cream cheese is made from milk and cream. According to the United States Food and Drug Administration, cream cheese should have at least 33 percent milk fat and a maximum moisture content of 55 percent. It gets its slight tang from lactic acid. Lactic acid bacteria are added to pasteurized and homogenized milk. As a result, the pH level decreases as acid increases. The pH level of cream cheese should be between 4.4 to 4.9.

Cream cheese was created in 1872 by William Lawrence, a dairy farmer in New York. While making Neufchâtel, a French cheese, he added too much cream and produced a softer, smoother cheese, giving it the generic name "cream cheese." It was renamed and marketed as "Philadelphia Cream Cheese" in 1880 to associate it with the high-quality dairy products from the Philadelphia, Pennsylvania area.

Commercially-produced cream cheese includes salt, cheese culture, and a stabilizer like guar gum, carob bean gum, or xanthum gum. Cream cheese can also be made at home.

Reduced-fat versions of cream cheese are available, which should have 16.5 to 20 percent milk fat. Whipped cream cheese is a more spreadable cream cheese.

Cream cheese is a popular bagel spread, often called a "schmear," especially in New York City bagel shops. Additional toppings may include lox (brined and smoked salmon) and capers.

Cream cheese may be added to dips, frostings, sauces, mashed potatoes, soup, pastry and pie fillings, omelets, and pasta dishes. It is sometimes blended with added garlic and herbs, like chives or parsley, or flavored with fruit, like strawberries or blueberries.

One ounce or 2 tablespoons of full-fat cream cheese has approximately 99 calories with 10 grams of fat, 6 grams of saturated fat, and 90 milligrams of sodium.

Cream cheese has about 2 grams of protein, 28 milligrams of calcium, and 38 milligrams of potassium. It has 10 percent of the daily value of vitamin A and 5 percent of the daily value of vitamin B2 or riboflavin. Cream cheese is low in lactose (milk sugar) at 2 grams per ounce and may be tolerated better than other dairy products for those with lactose intolerance.