Coconut Cream Pie Dip

3/4 cup shredded sweetened coconut, divided
8 oz. Greek cream cheese or Neufchatel cream cheese

1 Tablespoon sugar
1 cup canned lite coconut milk
Assorted fruit for dipping

Instructions: Preheat oven to 325°F. Measure ¼ cup coconut and spread flakes in a thin layer on a baking sheet. Bake for 5 minutes or until slightly browned. In a large mixing bowl, combine cream cheese, sugar and coconut milk; mix until smooth. Stir in remaining ½ cup coconut. Spread into a serving dish and top with toasted coconut. Serve with assorted fruit.

Yield: 1 cup or 8 (2-Tablespoon) servings

Nutrition Facts (per serving): 140 calories, 11 grams fat, 150 milligrams sodium, 7 grams carbohydrate, 0 grams fiber, 3 grams protein