



**PREP
TIME**
15
mins

**COOK
TIME**
0
mins

**TOTAL
TIME**
15
mins

No need to worry about party guests double-dipping at your next get-together! These individual 7-layer Mexican dip cups featuring protein-packed and lowfat creamy Muuna cottage cheese will be a hit!

INGREDIENTS

- 16 oz. Refried beans
- 1 package Taco seasoning
- 2 cups Guacamole
- 2 cups 2% Lowfat Muuna cottage cheese
- 2 cups Chunky salsa (with some of the moisture drained out)
- 2 cups Shredded Mexican cheese blend
- ½ cup Sliced green onions
- ½ cup Sliced black olives

INSTRUCTIONS

- 1) Mix refried beans and taco seasoning together and set aside.
- 2) Into 8 clear plastic cups, layer (about 2 Tbsp of each) refried bean mixture, guacamole, cottage cheese, salsa, and shredded cheese. Carefully add each layer by either using a spoon or filling a plastic bag and piping it into the cups. Top with green onions, and black olives.
- 3) Make ahead, cover with plastic wrap, and store in the refrigerator up to one day before serving. Serve with corn chips.