



Nutrition Information Per Serving:

Calories: 93
Protein: 10 g
Carbohydrates: 10 g
Fat: 2 g
Fiber: 0.5 g

PREP TIME 5 mins	COOK TIME 0 mins	TOTAL TIME 5 mins	RECIPE MAKES 2 servings
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Give your chips and salsa a protein upgrade with this creamy fiesta dip made with protein-packed Lowfat Plain Muuna cottage cheese. This recipe makes for a filling snack, lunch, or party appetizer!

INGREDIENTS

- 1 Container of 5.3oz. Lowfat Plain Muuna cottage cheese (or $\frac{2}{3}$ cup)
- $\frac{1}{2}$ cup Salsa
- $\frac{1}{4}$ cup Fresh mango, chopped
- $\frac{1}{4}$ cup Fresh cilantro, chopped

INSTRUCTIONS

- 1) Mix all ingredients together in a bowl until combined.
- 2) Enjoy immediately with tortilla chips or chill until ready to serve.