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| PREP TIME 1 min | COOK TIME 0 mins | TOTAL TIME 1 min | RECIPE MAKES 2 servings |
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Creating this creamy low-fat ranch dip is so easy it only requires two ingredients and one minute (or less) of your time! Not only is it delicious, it is also an excellent source of protein with 19 grams in one 5.3oz. container of Lowfat Plain Muuna cottage cheese!

INGREDIENTS

- 1 Container of 5.3oz. Lowfat Plain Muuna cottage cheese (or $\frac{2}{3}$ cup)
- 1 Tbsp. Ranch dressing/seasoning mix

INSTRUCTIONS

- 1) Open the Muuna cottage cheese container.
- 2) Add ranch seasoning and stir until combined.
- 3) Enjoy with veggies, chips, or crackers.

Nutrition Information Per Serving:

Calories: 75
Protein: 10 g
Carbohydrates: 6 g
Fat: 2 g
Fiber: 0 g