



**Nutrition Information Per Serving:**

Calories: 66  
Protein: 10 g  
Carbohydrates: 2 g  
Fat: 2 g  
Fiber: 0 g

<b>PREP TIME</b> <b>5</b> mins	<b>COOK TIME</b> <b>0</b> mins	<b>TOTAL TIME</b> <b>5</b> mins	<b>RECIPE MAKES</b> <b>6</b> servings
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This from-scratch dip recipe takes only minutes to prepare and has 10g of protein and 2g of fat per serving! You won't miss the mayonnaise or sour cream when you use ridiculously creamy Lowfat Plain Muuna cottage cheese instead.

**INGREDIENTS**

- 2 cups Lowfat Plain Muuna cottage cheese
- ¼ cup Milk
- 1 Tbsp. Lemon juice
- 1 Tbsp. Chives, finely chopped (or 1 tsp. Dried chives)
- 1 tsp. Garlic powder
- 1 tsp. Onion powder
- 1 tsp. Dried parsley
- 1 tsp. Black pepper
- ½ tsp. Salt
- ½ tsp. Dried dill

**INSTRUCTIONS**

- 1) In a food processor, combine cottage cheese with milk and lemon juice.
- 2) Pulse until smooth.
- 3) Stir in the rest of the ingredients until combined.
- 4) Serve with fresh veggies, chips, or on top of a baked potato.