



**Nutrition Information Per Serving:**

Calories: 108  
Protein: 11 g  
Carbohydrates: 2 g  
Fat: 6 g  
Fiber: 0 g

|                                      |                                      |                                       |   |
|--------------------------------------|--------------------------------------|---------------------------------------|---|
| <b>PREP TIME</b><br><b>5</b><br>mins | <b>COOK TIME</b><br><b>0</b><br>mins | <b>TOTAL TIME</b><br><b>5</b><br>mins | <b>RECIPE MAKES</b><br><b>4</b><br>servings |
|--------------------------------------|--------------------------------------|---------------------------------------|---|

This protein-packed dip is great for a crowd or your afternoon snack at work! For a boost in protein (11g per serving!), substitute ridiculously creamy Lowfat Plain Muuna cottage cheese for mayonnaise in this vegetarian spin on a game-day favorite.

**INGREDIENTS**

- 1 cup Lowfat Plain Muuna cottage cheese
- ½ cup Blue cheese, crumbled
- 2 Tbsp. Milk (or milk substitute)
- 2 Tbsp. Hot pepper sauce
- 1 Tbsp. Worcestershire sauce
- ½ tsp. Garlic powder

**INSTRUCTIONS**

- 1) In a food processor, combine cottage cheese with milk, hot sauce, Worcestershire sauce, and garlic powder.
- 2) Pulse until smooth.
- 3) Stir in blue cheese.
- 4) Serve with celery sticks, carrots, or your favorite chip.