



**Nutrition Information for ½ Cup of
Lowfat Whipped Muuna Cottage Cheese:**

Calories: 90
Protein: 14 g
Carbohydrates: 3 g
Fat: 2.5 g
Fiber: 0 g

**Nutrition Information for ½ Cup of
Low Fat Hellman's Mayonnaise:**

Calories: 120
Protein: 0 g
Carbohydrates: 0 g
Fat: 8 g
Fiber: 0 g

**Nutrition Information for ½ Cup of
Daisy Light Sour Cream:**

Calories: 160
Protein: 8 g
Carbohydrates: 8 g
Fat: 10 g
Fiber: 0 g



It only takes (literally) a minute to whip our protein-packed Lowfat Plain Muuna cottage cheese, and the possibilities are endless! Use this recipe in place of mayonnaise or sour cream in many recipes to bump up the protein and add creaminess. BONUS: if the recipe stays cold, you'll even add probiotics! Now THAT is one amazing swap!

INGREDIENT

- Lowfat Plain Muuna cottage cheese

INSTRUCTIONS

- 1) Pour cottage cheese into the bowl of a food processor.
- 2) Whip in the "on" position (not pulse) for one minute, or until cottage cheese is smooth.
- 3) Use at a 1:1 ratio in most recipes requiring mayonnaise or sour cream.

Note: The video features our [Protein-Packed Potato Salad](#), [Protein-Rich Greek Pasta Salad](#), and [2-Ingredient Protein-Packed Ranch Dip](#).