

Cottage Cheese Danch Dip



total time 5 minutes

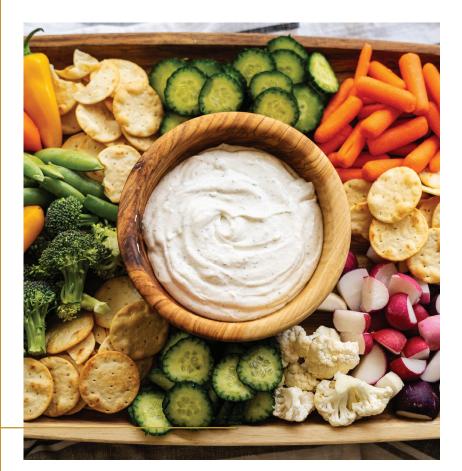
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Instructions

Combine all of the ingredients in a food processor or with an immersion blender and blend for 30 seconds to 1 minute until the cottage cheese is very smooth and creamy.

9 Serve with veggies or crackers of choice. Enjoy!

Whole Recipe Breakdown:8.5 Servings Protein0 Servings Carb0.5 Servings Fat0 Servings Veggies





Ingredients

- 2 cups low fat cottage cheese*
 - \sim 8.5 protein servings, 0.5 fat serving
- 1 tsp dried parsley
- 2 tsp dried dill
- 1 tsp garlic powder
- 1/2 tsp onion powder
- 1⁄2 tsp dried onion flakes
- ¼ tsp salt
- *can opt for higher fat if you prefer