

Cottage Cheese Ranch Dip



prep time
5 minutes



total time
5 minutes



servings
6

Ingredients

- 2 cups low fat cottage cheese*
~ 8.5 protein servings, 0.5 fat serving
- 1 tsp dried parsley
- 2 tsp dried dill
- 1 tsp garlic powder
- ½ tsp onion powder
- ½ tsp dried onion flakes
- ¼ tsp salt

*can opt for higher fat if you prefer

Instructions

- 1 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.
- 2 Serve with veggies or crackers of choice. Enjoy!

Whole Recipe Breakdown:

8.5 Servings Protein

0 Servings Carb

0.5 Servings Fat

0 Servings Veggies



 simple side dish