



HEALTHY RECIPES

Recipe for: High Protein Ranch Dip

Ingredients:

- 24 oz. tub of 1% cottage cheese
- 3 tbsp. (or to taste) powdered Hidden Valley Ranch seasoning
- 3-5 tbsp. milk (depends on the consistency you want)

Directions:

Mix everything in a food processor until blended to the consistency you like.

Nutrition Information:

(½ cup has 13g protein, almost no fat)

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