

Mock Sour Cream Dip

8 SERVINGS, ABOUT 1/4 CUP EACH



Ingredients:

2 cups (1 pound) 1% low-fat cottage cheese

2 Tbsp. lemon juice

1/4 cup skim milk

Dash of ground black pepper

1 Tbsp. fresh herbs, chopped

Directions:

Place all ingredients in a blender.

Blend, adjusting the amount of milk to produce the desired consistency.

Garnish with fresh herbs.

Per Serving: 50 Calories; 1 gram Total fat; 65 mg Sodium

1/4 cup = 1/8 cup dairy