

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*