



June 11- Cottage Cheese Vegetable Dip

Smart Snack

Link: No link, CNP recipe

Recipe

Ingredients:

1 12-ounce carton cream-style cottage cheese

½ package ranch dressing mix

Fresh vegetables to dip

Directions:

1. Combine cottage cheese and dressing mix. Beat or blend until smooth.
2. Serve with vegetables.

Yield 6 servings

Nutrition Facts

Serving Size 1/4 cup (56.93g)

Servings Per Container 6

Amount Per Serving

Calories 40 **Calories from Fat** 5

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol <5mg **1%**

Sodium 230mg **10%**

Total Carbohydrate 2g **1%**

Dietary Fiber 0g **0%**

Sugars 2g

Protein 7g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.