



## Garlic & Herb Cottage Cheese Dip

SERVINGS: 4

PREPPING TIME: 5 MINS

COOKING TIME: 0 MINS

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### INGREDIENTS

- 1 pint low-fat cottage cheese
- 12 large basil leaves
- 1/2 tbsp. fresh thyme leaves
- 1 small garlic clove, sliced
- 1 tbsp. freshly squeezed lemon juice
- Freshly ground black pepper

### DIRECTIONS

1. Add all ingredients to a high-powered blender.
2. Blend on high for 30 seconds to 1 minute, scraping down the sides as needed, until silky smooth.
3. Serve with freshly cut vegetables, whole-grain pita chips, or use as a spread.

### NUTRITION

Serving size: 1/2 cup (65g)  
(per serving) 50 calories, 1.5g fat, 1g saturated fat, 10mg cholesterol, 125mg sodium, 4g carbohydrate, 0g fiber, 3g sugar, 7g protein