

Greek Yogurt and Cottage Cheese Dip with Dill

Yield: 2 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/low-fat-cheesecake-recipe-with-greek-yogurt>

Ingredients:

- 1 cup low-fat cottage cheese the brand I used has only 5 grams fat in 1 cup
- 1 cup greek yogurt fat-free, I like Fage Total Greek Yogurt
- 2 teaspoons dried dillweed depending on how much you like dill
- 2 teaspoons beau monde seasoning or Bon Appetit, see below for more information or replacement if you can't find these spice blends
- 2 teaspoons onion powder can also use finely grated onion if you don't have onion powder

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 20 milligrams
4. Fat: 5 grams
5. Fiber: 1 grams
6. Protein: 17 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 580 milligrams
9. Sugar: 10 grams

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