

BUFFALO, BLUE CHEESE GREEK YOGURT DIP

Serving size: 2 TBSP

Makes 11 servings

- 1 cup Greek Yogurt, plain, fat free
- ¼ cup Blue Cheese Crumbles
- 2 TBSP Parsley, chopped
- 2 tsp Buffalo Sauce

Preparation:

1. Combine yogurt, blue cheese, parsley and buffalo sauce in a bowl. Stir until mixed.

RD Tip: Serve dip with vegetable crudité or whole wheat pita chips.



Registered Dietitian Approved!



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Recipe

NUTRITION FACTS PER SERVING

calories	25
total fat (g)	1
saturated fat (g)	<1
trans fat (g)	0
sodium (mg)	65
total carbohydrate (g)	1
dietary fiber (g)	0
sugar (g)	1
protein (g)	3