



Protein Cheddar Ranch Sauce



1/6 of recipe (about 2 1/2 tbsp.): 85 calories, 4g total fat (2.5g sat. fat), 475mg sodium, 4g carbs, 0g fiber, 2.5g sugars, 8g protein

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Prep: 5 minutes



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Ingredients

1 cup low-fat cottage cheese
1/2 cup shredded reduced-fat cheddar cheese
3 tbsp. [cheddar cheese powder](#)
2 tbsp. plain unsweetened almond milk
1 tbsp. [ranch dressing/dip seasoning mix](#)

Serving suggestions: steamed veggies, riced cauliflower rice, pasta, chicken

Directions

In a microwave-safe bowl, combine all ingredients. Stir until uniform.

Cover and microwave for 1 1/2 minutes, or until shredded cheese has melted and sauce is hot.

Using an [immersion blender](#) or a [small food processor or blender](#), blend until smooth.

MAKES 6 SERVINGS

HG Alternative: If you're not in the mood for the zest of ranch, leave it out and enjoy an easy protein cheddar sauce!

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