

- 1. Blend cottage cheese, cocoa extract until smooth. powder, honey, and vanilla
- 2. Chill in the refrigerator for at least 1 hour before

serving.

Ingredients:

- 1 cup cottage cheese
- 1/4 cup cocoa powder
- 1/4 cup honey or maple syrup
- 1 tsp vanilla extract



Chocolate Cottage Cheese Pudding

Instructions:

- 1. Blend cottage cheese, cocoa powder, honey, and vanilla extract until smooth.
- 2. Chill in the refrigerator for at least 1 hour before
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- 1/4 cup honey or maple syrup
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INGREDIENTS

- I cup full-fat cottage cheese
- 1/4 cup full-fat sour cream
- 1/4 cup diced yellow or white onlon

SPINACH DIP

RANCH

Refrigerate leftovers for up to 4 days.

spinach and carrots. Refrigerate for

at least I hour before serving.

2. Transfer to a large bowl. Fold in

lemon juice until completely smooth.

onion, garile, ranch seasoning, and

1.In a food processor", blend together

INSTRUCTIONS I large carrot, peeled and diced

the cottage cheese, sour cream,

- I garlic clove, minced
- I tablespoon dry ranch seasoning
- l cup frozen spinach, thawed 2 teaspoons lemon juice
- and squeezed completely dry according to package directions
- I large carrot, peeled and diced

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- 3. Refrigerate leftovers for up to 4 days.





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INGREDIENTS

- 1 can, 15 ounces white beans (cannellini, small white beans, etc.) drained and
- 12 cloves roasted garlic
- 1 container, 5.3 ounces plain 2% cottage
- 1/2 tablespoon apple cider vinegar
- 1/2 tablespoon extra-virgin olive oil

INSTRUCTIONS

- 1. Place the beans, cottage cheese, apple cider vinegar, roasted garlic and olive oil
- 2. Process until smooth. Season with salt and pepper to taste.
- Garnish with a drizzle of olive oil and red veggies or toasted pitas pepper flakes. Serve with crackers,



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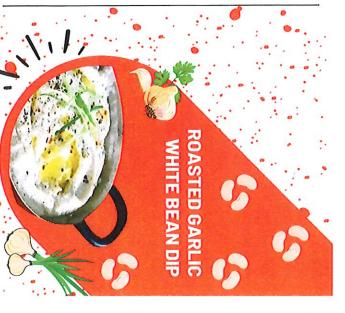


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