



## Chocolate Cottage Cheese Pudding

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1. Blend cottage cheese, cocoa powder, honey, and vanilla extract until smooth.
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



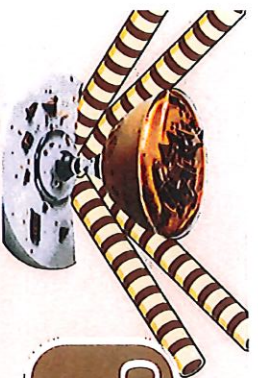
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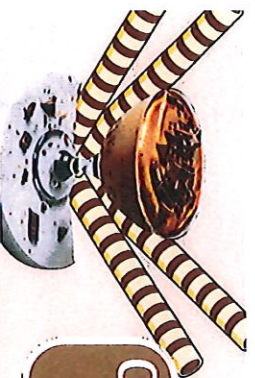
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## INGREDIENTS

- 1 cup full-fat cottage cheese
- 1/4 cup full-fat sour cream
- 1/4 cup diced yellow or white onion
- 1 garlic clove, minced
- 1 tablespoon dry ranch seasoning
- 2 teaspoons lemon juice
- 1 cup frozen spinach, thawed
- according to package directions and squeezed completely dry
- 1 large carrot, peeled and diced

## INSTRUCTIONS

1. In a food processor\*, blend together the cottage cheese, sour cream, onion, garlic, ranch seasoning, and lemon juice until completely smooth.
2. Transfer to a large bowl. Fold in spinach and carrots. Refrigerate for at least 1 hour before serving.
3. Refrigerate leftovers for up to 4 days.



**RANCH  
SPINACH DIP**

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## INGREDIENTS

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

## INSTRUCTIONS

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

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## ROASTED GARLIC WHITE BEAN DIP



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