

Choco Fever Dream

High Protein Crack Dip

A quick, protein-packed dip that’s creamy, flavorful, and ideal for snack plates or grazing boards.

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Main Ingredients

- [ ] 1 cup Greek yogurt (full-fat)
- [ ] 1 cup cottage cheese (low-fat)
- [ ] ½ cup shredded sharp cheddar
- [ ] 2 tbsp fresh chives, finely chopped
- [ ] 1 tsp lemon juice
- [ ] ½ tsp garlic powder
- [ ] Salt and pepper to taste

Instructions

1. In a medium bowl, combine the Greek yogurt and cottage cheese; stir until smooth.
2. Fold in the shredded cheddar, letting it melt slightly into the mixture.
3. Add the chives, lemon juice, garlic powder, salt, and pepper; mix gently.
4. Taste and adjust seasoning, then transfer to a serving dish and chill briefly.

Nutrition per serving

210 kcal	23 g	8 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra silkiness, blend the dip with a hand-mixer for 30 seconds.
- If you prefer a thinner dip, stir in a splash of low-fat milk.
- A pinch of smoked paprika on top adds visual appeal and a subtle smoky flavor.