

High Protein Buffalo Chicken Dip

Ingredients:

- 2 cups cooked, shredded chicken*
- ½ cup blue cheese or ranch
- ½ cup Frank's Red Hot sauce
- 1 cup plain greek yogurt
- ½ cup small curd cottage cheese
- 1 cup low fat cheddar cheese
- juice from half a lemon
- 1/4 cup honey (hot honey is great too)
- 1 tsp garlic powder
- 1/2 tsp paprika

**For shredded chicken, you can use a rotisserie chicken, or make your own! I roasted two large chicken breast in the oven at 350 for about 20 minutes. I then cut in large chunks and shred in my kitchen aid mixer. I use the flat blade and mix on speed 2 for 2-3 minutes*

Directions

1. Preheat oven to 350.
2. In a mixer, combine greek yogurt, cottage cheese, bleu cheese, hot sauce, lemon juice, honey, garlic powder and paprika. Blend until smooth.
3. Pour into a medium mixing bowl and add chicken and cheddar cheese. mix all ingredients until thoroughly combined.
4. Pour dip batter into a glass 8x8 pan (top with extra cheese if desired!) + bake at 350 for 25 mins.
5. Serve with chips or veggies or choice.

MADE WITH LOVE

by Teresa Forchard

Inspired by Simply Recipes