Creamy Herb Dip

Prep: 5 minutes | Cook: 0 minutes | Total: 5 minutes
Yield: 6 servings | Serving Size: ~¼ cup

Ingredients

¼ cup low-fat (1%) milk
1 cup low-fat cottage cheese
2 tablespoons chopped fresh parsley
2 tablespoons chopped fresh chives
½ teaspoon dried basil (or 1 teaspoon fresh basil)
Pinch curry powder
1 garlic clove, minced (about ½ teaspoon)

Directions

1. Add the milk, cottage cheese, parsley, chives, basil, curry powder, and garlic to a blender or food processor.
2. Blend until smooth, about 1-2 minutes, scraping down the sides as needed.
3. Serve right away, or chill before serving if desired.

Recipe Notes

- This dip goes well with crisp raw vegetables, whole-grain crackers, pretzels, or pita chips.
- Adjust the consistency with more or less milk, as desired.