Light Creamy White Bean Dip

Ingredients
- 2/3 cup 2% cottage cheese
- 1 apple cider vinegar
- 1/2 teaspoon dried thyme
- 1 x 15.5-ounce can cannellini beans, rinsed and drained
- 1/4 teaspoon Kosher salt and freshly ground black pepper
- 2 tablespoons good quality olive oil
- 1 clove garlic
- 1 tablespoon lemon juice
- Pinch smoked or sweet paprika, for garnish
- Chopped chives, for garnish

Making It
1. Combine the cottage cheese, vinegar, thyme, beans, olive oil, garlic, lemon juice, 1/4 tsp salt and pepper in a food processor.
2. Puree until smooth, scraping down the sides of the bowl as needed. Place in a serving bowl and chill for 30 – 60 minutes.
3. Sprinkle with the paprika and garnish with chives. Serve with crackers or vegetable crudités.

NUTRITION FACTS
Servings: 4
PER SERVING
Calories (kcal): 49
Fat (g): 0.26
Carbohydrate (g): 5.25
Protein (g): 2.88
Fibre (g): 1.45

TIPS & HINTS
Cottage cheese is a very high source of the slow release protein casein making it a great snack!