

# Creamy Chive Dip

*Pack this dip in a crock or sturdy Tupperware container and pack it in your picnic basket, along with some crunchy vegetables or chewy pita bread wedges.*

Recipe Type: Appetizer, Diabetic, Dips/Spreads, Low Carb, Low Fat, Vegetarian

## Ingredients

8 oz low-fat cottage cheese  
½ cup nonfat sour cream  
4 tsp garlic powder  
4 tsp onion powder  
3 Tbs minced fresh chives



## Directions

Mix all ingredients together by hand until smooth.

## Nutrition Facts

Nutrition (per serving): 34 calories, 1.4g total fat, <1g saturated fat, 4.7mg cholesterol, 82.1mg sodium, 2.4g carbohydrates, <1g fiber, <1g sugar, 2.9g protein.

Servings: 12

## Weight Watchers Points

Orig. WW Pts: 1

Points Plus: 1

Smart Points: 1

FreeStyle Smart Points: 1