

cheddar cheese dip & whole grain crackers

Makes 5 servings

INGREDIENTS

2.5 oz. cream cheese, Neufchatel
6.5 oz. cheese, cheddar, yellow, reduced fat, shredded
1/3 cup yogurt, low-fat, plain
1 oz. milk, 1% low-fat
20 crackers, whole grain, low-salt

INSTRUCTIONS

1. Place cream cheese and cheddar cheese in a food processor and blend until smooth.
2. Add yogurt and milk. Puree again until smooth.
3. Use a #16 scoop place 2 oz. serving in a 3 or 4 oz. soufflé cup.
4. Hold at 41° F. or less.
5. Serve with 4 whole grain crackers.

NUTRITIONAL FACTS: PER SERVING

Calories: 216	Calcium: 378.88 mg
Total Fat: 12.40 g	Protein: 13.57 g
Saturated Fat: 6.75 g	Carbohydrates: 13.43 g
Cholesterol: 30.64 mg	Dietary Fiber: 1.68 g
Sodium: 360.65 mg	

