



INVICTUS
SPORTS PERFORMANCE & FITNESS



HIGH-OCTANE EDAMAME & COTTAGE CHEESE DIP

210 Calories | 24g Protein | 18g Carbs | 6g Fat

INGREDIENTS

- ½ cup low-fat cottage cheese (2%)
- ½ cup shelled edamame (thawed if frozen)
- 1 tbsp fresh lime juice
- 1 tbsp fresh cilantro
- ¼ tsp chili flakes
- 1 cup sliced red bell pepper strips (for dipping)

DIRECTIONS

1. Place the cottage cheese, shelled edamame, lime juice, and cilantro into a food processor or small blender.
2. Blend on high until the mixture becomes a smooth, creamy, light green dip.
3. Transfer to a small serving bowl and sprinkle the chili flakes on top for a pop of red.
4. Serve immediately with the bright red bell pepper strips acting as the edible scoops.