



High-Octane Edamame & Cottage Cheese Dip

Macros: 210 Calories; 24g Protein; 18g Carbs; 6g Fat

Ingredients

- 1/2 cup low-fat cottage cheese (2%)
- 1/2 cup shelled edamame (thawed if frozen)
- 1 tbsp fresh lime juice
- 1 tbsp fresh cilantro
- 1/4 tsp chili flakes
- 1 cup sliced red bell pepper strips (for dipping)

Directions

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