

rich onion dip (or topping)

so delicious they'll never guess it's good for them

Serves: 1

ingredients:

1 c lowfat cottage cheese
1 c nonfat Zoi Greek yogurt
1 packet dry onion soup mix

preparation:

Place cottage cheese in small food processor and blend until smooth and creamy. Add yogurt and 1/2 of the dry onion soup mix (get a good blend of the crunchy onion and the fine spices). Blend briefly until all is mixed; adjust to taste. Refrigerate for 1 hour to develop flavor.



Recipe provided by one of our Zoi loyalists

ZOITM
GREEK YOGURT