

Bite Spoon

Football Dip – 5-Ingredient Snack Ready in 35 Minutes

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 8 oz cream cheese, softened
- [ ] 1 cup shredded sharp cheddar
- [ ] 1/2 cup sour cream
- [ ] 2 green onions, thinly sliced
- [ ] 1 tsp hot sauce
- [ ] 1/2 tsp smoked paprika

Optional Add-Ins

- [ ] Crumbled bacon bits (or turkey ham bits for a lighter option)
- [ ] A handful of chopped jalapeños

Instructions

1. Place the softened cream cheese in a medium saucepan over low heat, stirring until it begins to melt.
2. Add the shredded cheddar and continue stirring until the cheese is fully combined and smooth.
3. Stir in the sour cream, hot sauce, and smoked paprika; keep the heat low to avoid boiling.
4. Remove from heat and fold in the sliced green onions, letting the residual warmth blend the flavors.
5. Transfer to a serving bowl, garnish with an extra sprinkle of paprika, and serve warm with chips or crackers.

Nutrition per serving

380 kcal	12 g	8 g	30 g
Calories	Protein	Carbs	Fat

> **Tips & notes**
> - For a smoother dip, grate the cheddar yourself instead of using pre-shredded varieties.
> - If the dip thickens too much after cooling, whisk in a splash of milk.
> - Taste before serving; a little more hot sauce can brighten the flavor.