

Bite Spoon

High Protein Crack Dip

Creamy, protein-rich dip for crackers, quick to make and full of subtle flavor.

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Main Ingredients

- [ ] 1 cup cottage cheese
- [ ] ½ cup plain Greek yogurt
- [ ] 2 scoops (30 g) vanilla whey protein powder
- [ ] 1 tbsp fresh lemon juice
- [ ] 1 tsp honey
- [ ] ¼ tsp sea salt

Flavor Boosters

- [ ] 2 tbsp finely chopped chives
- [ ] ¼ tsp black pepper
- [ ] Optional: ½ tsp hot sauce for a spicy version

Instructions

1. Place the cottage cheese, Greek yogurt, and whey protein powder into a food processor; blend until completely smooth.
2. Add lemon juice, honey, and sea salt; pulse a few times to incorporate.
3. Transfer the mixture to a bowl and fold in the chopped chives and black pepper gently.
4. If you like a kick, stir in hot sauce now; taste and adjust seasoning.
5. Serve immediately with your favorite crackers, or chill for 10 minutes to let flavors meld.

Nutrition per serving

210 kcal	26 g	12 g	6 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra creaminess, let the dip sit at room temperature for 5 minutes before serving.
- If the dip is too thick, thin with a splash of milk or water.
- Use fresh chives for the brightest flavor; dried herbs can become muted.