

# CREAMY LOADED BAKED POTATO DIP

*Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium*

*Serves: 16 (Serving= 1/4 cup dip and 4 florets broccoli/cauliflower)*

## Nutrition (per serving)

Calories: 78

Total Fat: 4 g

Saturated Fat: 2 g

Sodium: 157 mg

Total Carbohydrate: 4 g

Dietary Fiber: 1 g

Total Sugars: 2.5 g

Protein: 6.5 g



## Ingredients

- 8 ounces Neufchatel cheese, softened
- 16 ounces plain non-fat Greek yogurt
- 1 Tablespoon dried buttermilk powder
- 1 teaspoon dried parsley
- ½ teaspoon dried dill
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 3 green onion tops, thinly sliced (reserve 1 Tablespoon for topping)
- ½ cup chopped raw broccoli (reserve 1 Tablespoon for topping)
- ½ cup low fat (2%) shredded sharp cheddar cheese (reserve 1 Tablespoon for topping)
- 2 ounces turkey bacon bits (reserve 1 Tablespoon for topping) (choose gluten free for GF version)
- 32 raw broccoli florets
- 32 raw cauliflower florets



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## Directions

1. In mixing bowl, beat together Neufchatel cheese and Greek yogurt with a hand mixer until smooth.
2. Add dried buttermilk powder, herbs, and spices, and beat again until well combined.
3. Fold in green onion, broccoli, shredded cheese, and turkey bacon bits.
4. Transfer to serving bowl. Sprinkle with reserved toppings.
5. Serve with broccoli and cauliflower florets for dipping.



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