



## Easy Bleu Cheese

### INGREDIENTS:

¾ cup	Fat-free buttermilk
¼ cup	Sour cream, fat-free
¼ cup	Light mayonnaise
1 teaspoon	Worcestershire
¼ cup	Bleu cheese crumbles
To taste	Cracked black pepper

### PREPARATION:

- In a food processor combine all ingredients and pulse until semi smooth.
- Pour into air tight container and Enjoy!

**\*\* Chef's Note:** *Easy bleu cheese is great with Romaine lettuce and sliced apples!*

<b>Number of servings:</b>	<b>24</b>
<b>Serving size:</b>	<b>1 tablespoon</b>
<b>Calories per serving:</b>	<b>19.5</b>
<b>Fat grams per serving:</b>	<b>1.4</b>

