



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!*

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

