



Chipotle Ranch Dressing

INGREDIENTS:

- 2 cups Cottage cheese
- 2 Tablespoons Lemon juice
- 1 cup Low fat mayonnaise
- 1 cup Low fat sour cream
- 1 cup Buttermilk, fat free (optional)
- 2 Tablespoon Garlic powder
- 2 Tablespoon Onion powder
- ¼ teaspoon Sea salt
- 1 each Chipotle pepper
- 1 teaspoon Chipotle adobo juice

PREPARATION:

- Place the cottage cheese and lemon juice in the food processor and mix until smooth.
- Combine with the remaining ingredients in a large bowl and whisk together.
- Chill.

Number of Servings: 32

Serving Size: 2 Tablespoons

Calories: 35

Fat Grams: 3

