GREEK YOGURT BUFFALO DIP

INGREDIENTS:

- 1 lb. organic chicken, cooked & shredded
- 8 oz. ⅓ fat cream cheese
- ½ oz. ranch seasoning mix
- 1 c Greek yogurt
- 1 c part-skim mozzarella
- ¼ c - ½ c hot wing sauce
- Optional: 2 scallions thinly sliced



NUTRITION:

Makes 10 servings (per 1/2 cup):

- Calories: 159
- Total fat: 8g
- Saturated fat: 5g
- Cholesterol: 45mg
- Sodium: 614mg
- Carbohydrates: 4g
- Fiber: 0g
- Sugar: 2g
- Protein: 18g

DIRECTIONS:

- Mix all the ingredients together and heat in the oven at 350° for about 20 minutes.
- Alternatively, heat this in a crock pot, stovetop, or microwave.
- Serve with your favorite veggies or chips. Yum!

Makes 10 servings

Reference:https://dwardcooks.com