

Zucchini Bread Recipes

High Protein Crack Dip

A nutritious, creamy dip perfect for crackers or veggies, delivering a protein boost in minutes.

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Base

- [ ] 1 cup Greek yogurt (full-fat)
- [ ] 1 cup cottage cheese (small curd)
- [ ] 2 tbsp fresh chives, finely chopped
- [ ] 2 tbsp fresh parsley, minced

Seasoning

- [ ] ½ tsp garlic powder
- [ ] ¼ tsp sea salt
- [ ] ¼ tsp black pepper
- [ ] 1 tsp lemon juice
- [ ] 1 tbsp olive oil (optional)

Instructions

1. In a medium bowl, whisk the Greek yogurt and cottage cheese together until the mixture is smooth and no lumps remain.



2. Fold in the chopped chives and parsley, letting their green specks swirl through the creamy base.



3. Season with garlic powder, sea salt, black pepper, and lemon juice; stir gently and let the flavors meld for a couple of minutes.



4. If you like, drizzle the olive oil over the top, give a final swirl, and serve immediately with your favorite crackers.



5 Store any leftovers in a sealed container; stir before the next serving.



Nutrition per serving

120 kcal	13 g	7 g	6 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dip feels too thick, thin with a splash of cold water or extra lemon juice.
- For extra protein, stir in a scoop of unflavored whey protein after the yogurt and cheese are combined.
- A pinch of smoked paprika adds a gentle, smoky depth without overpowering.