



No-Guilt Spinach Dip

Quick and easy to make, this is a healthier spin on spinach dip. Featuring Bison Cottage Cheese and a hint of garlic, you can enjoy maximum flavor with minimal snacking guilt. Great for dipping with tortilla chips or red bell pepper strips!

Servings	Prep Time	Cook Time	Total Time
16	5m	10m	15m

Ingredients

- 2 cups Bison Cottage Cheese
- 1 16 oz bag frozen cut leaf spinach, thawed
- ½ cup shredded Parmesan cheese
- 2 Tbsp extra virgin olive oil
- 1 tsp garlic powder (or 3 cloves fresh garlic)
- 2 tsp onion powder
- ½ tsp ground black pepper
- 2 Tbsp diced red bell pepper
- Coarse salt, to taste

Instructions

1. Add Bison Cottage Cheese, onion powder, garlic, olive oil, salt, and pepper to a blender and mix until smooth.
2. Pour mixture in a heat-safe casserole dish, add spinach, and stir.
3. Top with the Parmesan cheese, and broil on high for 10 minutes.
4. Garnish with chopped red bell peppers, serve, and enjoy!

