

Greek Yogurt Buffalo Chicken Dip

6 SERVINGS 15 MIN

INGREDIENTS

- 1/4 cup low-fat cream cheese
- 1 cup plain Greek yogurt
- 3/4 cup buffalo sauce
- 1/2 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp black pepper
- 1/2 tsp salt
- 2.5 cups low-sodium canned chicken breast
- 1 cup low-fat cheddar cheese
- optional: green onion, chopped



Adapted from: nourishedbynic.com



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PROCEDURE

1. Add the cream cheese, Greek yogurt, buffalo sauce, garlic powder, onion powder, black pepper, and salt to a small saucepot. Stir and cook over medium heat until the cream cheese has melted and combined with the rest of the ingredients.
2. Add the chicken and cheese to the small saucepan, mixing until fully combined and cheese is melted.
3. Pour mixture into a serving bowl and serve with whole-grain crackers, low-sodium tortilla chips, or veggies like carrots and celery. Enjoy!

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