

Apple Pie Cottage Cheese Dip [15 Healthy Dips and Spreads \(healthline.com\)](https://www.healthline.com/health/healthy-dips-and-spreads) [Retrieved 5.23.24]

This recipe makes 2 servings. Serve with apple slices, whole grain crackers, or pita chips.

This healthy dessert dip is sweet, fruity, and decadent. Its cottage cheese boasts 24 grams of protein per cup (226 grams), making it an incredibly filling snack.

Ingredients:

1 cup (225 grams) of cottage cheese
1/2 cup (252 grams) of unsweetened apple sauce
1/2 teaspoon of cinnamon

Directions: Mix all the ingredients in a bowl.

NUTRIENTS PER SERVING: Calories: 119 Protein: 12 grams Carbs: 13 grams Fat: 3 grams