

Buffalo Chicken Dip [15 Healthy Dips and Spreads \(healthline.com\)](#) [Retrieved 5.23.24]

This recipe provides 4 servings.

Buffalo chicken dip is a tasty snack for parties and game days.

This light version of the classic dip uses Greek yogurt instead of cream cheese — as well as other wholesome ingredients.

Serve it with celery sticks or baked tortilla chips.

Ingredients:

1 cup (225 grams) of plain Greek yogurt (whole, low fat, or nonfat)

1/4 cup (60 ml) of hot sauce, more to taste

1/2 teaspoon of garlic powder

2 cups (280 grams) of shredded [chicken breast](#), cooked

2 tablespoons (6 grams) of fresh chives, more to taste

Directions: In a mixing bowl, whisk the Greek yogurt, hot sauce, and garlic powder. Add the shredded chicken and stir until coated. Serve cold topped with fresh chives.

Alternatively, you can transfer the dip to an oven-safe dish and heat at 300°F (150°C) until warmed through (10–15 minutes), or microwave on high for 2–3 minutes.

NUTRIENTS PER SERVING: Calories: 122 Protein: 12 grams Carbs: 8 grams Fat: 5 grams