

Helergon Kitchen

High Protein Crack Dip

Protein-packed creamy dip perfect for crackers and veggies, ready in minutes.

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

Ingredients

Main Ingredients

- [ ] 1 cup Greek yogurt
- [ ] 1/2 cup cottage cheese
- [ ] 1/4 cup unflavored whey protein powder
- [ ] 2 tbsp fresh dill, finely chopped
- [ ] 1 tbsp fresh chives, minced
- [ ] 1 tbsp lemon juice
- [ ] 1/2 tsp sea salt
- [ ] 1/4 tsp black pepper
- [ ] 1 tbsp olive oil

Instructions

1. In a medium bowl, combine the Greek yogurt and cottage cheese; stir until smooth.
2. Add the whey protein powder and whisk thoroughly to avoid lumps.
3. Fold in the dill, chives, lemon juice, salt, and pepper; let the mixture rest for a couple of minutes.
4. Drizzle the olive oil on top, give a final gentle stir, and taste for seasoning.
5. Serve with crackers, veggie sticks, or spread on toast; enjoy immediately or refrigerate.

Nutrition per serving

210 kcal	22 g	8 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dip is too thick, thin with a splash of cold water or extra lemon juice.
- For extra zest, grate a tiny amount of lemon peel into the dip.
- Storing in a glass jar helps preserve the fresh herb aroma.