



BUFFALO CHICKEN DIP



INGREDIENTS

ITEM	QUANTITY
• Shredded, Cooked Chicken	2.5 lbs
• Lactose-free Cream Cheese	4 Tbsp
• Hot Sauce (No Garlic/Onion)	1
• Lactose-free Greek Yogurt	3 Tbsp.
• Butter	1 Tsp.
• Pinch Paprika	1 Tsp.

SERVING SIZE 1



PREPARATION

- ✔ In a small saucepan, melt cream cheese and butter over low heat until smooth and creamy.
- ✔ Stir in hot sauce and Greek yogurt until fully combined.
- ✔ Add shredded chicken and mix thoroughly so all chicken is coated.
- ✔ Continue heating for 2-3 minutes until warmed through and slightly thickened.
- ✔ Sprinkle with paprika and serve warm with low-FODMAP vegetables or crackers.