



EVERYTHING BAGEL COTTAGE CHEESE DIP



INGREDIENTS

ITEM	QUANTITY
• Lactose-free Cottage Cheese	½ Cup
• Lactose-free Plain Greek Yogurt	2 tbsps.
• Chopped Fresh Chives	1 Tbsp.
• Fresh Lemon Juice	1 Tsp.
• Sesame Seeds	½ Tsp.
• Poppy Seeds	¼ Tsp.
• Dried Chives	¼ Tsp.
• Garlic-infused Olive Oil	¼ Tsp.
• Salt and Black Pepper, to taste	

SERVING SIZE 1



PREPARATION

- Add cottage cheese, Greek yogurt, and lemon juice to a blender or food processor.
- Blend until smooth and creamy.
- Stir in sesame seeds, poppy seeds, dried chives, garlic-infused olive oil, salt, and pepper.
- Chill for at least 15 minutes before serving.
- Serve with low-FODMAP options such as:
 - Carrot sticks
 - Cucumber slices
 - Rice crackers