

Treasure Barrel

High Protein Crack Dip

Creamy, protein-packed dip for crackers; quick, satisfying, and nutritious.

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

Ingredients

Main Ingredients

- [ ] 1 cup Greek yogurt
- [ ] 1 cup low-fat cottage cheese
- [ ] 2 scoops vanilla whey protein powder
- [ ] 1 tbsp fresh lemon juice
- [ ] 1 tbsp olive oil
- [ ] 2 tbsp chopped fresh chives
- [ ] ¼ tsp sea salt

Optional Add-Ins

- [ ] 1 tsp smoked paprika for depth
- [ ] Crushed toasted pumpkin seeds for crunch

Instructions

1. In a medium bowl, combine the Greek yogurt and cottage cheese; stir until just blended.
2. Add the whey protein powder, lemon juice, and olive oil; whisk until smooth, pausing to scrape the sides.
3. Fold in the chopped chives and sea salt; taste and adjust seasoning if needed.
4. Cover and chill the dip for at least 15 minutes; this lets the flavors settle and the protein fully hydrate.
5. Serve the dip with your favorite crackers, and enjoy the creamy, protein-rich bite.

Nutrition per serving

210 kcal	25 g	9 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a thinner dip, stir in a splash of cold water or extra lemon juice.
- For a vegan version, replace Greek yogurt and cottage cheese with almond yogurt and silken tofu.
- A pinch of smoked paprika adds a subtle depth without overpowering the fresh notes.