BANGIN SPICES

RECIPE #022

BOLD. FUN. BIG FLAVOR.

FIRECRACKER RANCH

"THIS CAN'T BE HEALTHY" RANCH DIP

SO GOOD, YOU'LL SAY "THIS CAN'T BE HEALTHY!"



5 MINUTES PREP

CREAMY. ZESTY. BANGIN'!

SERVES 6-8

QUICK TO MAKE. IMPOSSIBLE TO STOP EATING.

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FIRECRACKER RANCH

"THIS CAN'T BE HEALTHY" RANCH DIP

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INGREDIENTS

- 1 cup light sour cream or whole milk Greek yogurt
- 1 cup blended cottage cheese
- 1–2 tbsp BANGIN' Firecracker Ranch Spice Seasoning
- Chopped green onions for garnish (optional)

TIP: Chill for at least 30 minutes before serving for best flavor. Flavors get even better the longer it sits!

INSTRUCTIONS

1. In a medium bowl, combine light sour cream (or Greek yogurt) and blended cottage cheese.
2. Add **BANGIN'** Firecracker Ranch Spice Seasoning and mix well.
3. Chill in the fridge for at least 30 minutes before serving for best flavor.
4. Stir again, garnish with green onions if desired, and enjoy!



BOLD FLAVOR. CREAMY & ZESTY. ABSOLUTELY BANGIN'!

TURN IT INTO A HIGH PROTEIN BUFFALO CHICKEN DIP!

ADD TO THE RECIPE:

- ✓ 1/2 cup shredded cheddar cheese
- ✓ 1/2–3/4 cup shredded rotisserie chicken
- ✓ 2–3 tbsp buffalo sauce (to taste)

Mix in and chill. Creamy, spicy, protein-packed and absolutely **BANGIN'**!



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MORE RECIPES? SCAN HERE!

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