

RANCH VEGGIE DIP – THIS RECIPE IS ONE OF THOSE NO GUILT DIPS. IF YOU CAN USE THE FAT FREE COTTAGE CHEESE AND SKIM MILK, YOU HAVE VIRTUALLY NO CALORIES OR FAT!

In a blender mix:

1 small container of fat free cottage cheese
1 packet of dry ranch dressing mix
1 T red wine vinegar

Add skim milk till it's the proper consistency for dipping

Refrigerate and serve with whichever vegetables you like.

