

Vegetable Dip II

Margie Stutsman - Scottsburg, IN

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Yield: 3 cups

*1 cup sour cream
1 cup mayonnaise
1 cup cottage cheese
chopped chives (optional)*

Preparation Time: 5 minutes

Place the sour cream, mayonnaise and cottage cheese in the bowl of a blender. Add chives, if desired.

Pulse until well mixed.

Refrigerate.

Serve with fresh vegetables.

Per Serving (excluding unknown items): 2272 Calories; 240g Fat (90.2% calories from fat); 41g Protein; 18g Carbohydrate; 0g Dietary Fiber; 198mg Cholesterol; 2291mg Sodium. Exchanges: 4 1/2 Lean Meat; 1/2 Non-Fat Milk; 25 1/2 Fat.