

Low Carb High Protein Cookie Dough Dip

(Jennifer Richmond)

Keto friendly

Serves 8

24 ounce Cottage Cheese

2 tsp vanilla extract

1/3 C Liquid Keto Maple syrup we used

2 Cups Fine ground almond flour

1 C Protein powder

1 C Low Carb chocolate Chips

Add the cottage cheese, liquid keto maple syrup and vanilla

Process on high until creamy.

Add almond flour, 1 cup protein powder process on high for 30 seconds

Slowly add mini chocolate chips into the spout until incorporated through the dough.

Eat as a sweet treat or serve as your favorite dessert.