

Plate Dream

High Protein Crack Dip

Creamy, protein-packed dip for crackers and veggies, ready in minutes.

10 min Prep time	**5 min** Cook time	**15 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 cup full-fat Greek yogurt
- [ ] 4 oz cream cheese, softened
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tsp garlic powder
- [ ] 1 tbsp honey (optional)
- [ ] 2 tbsp chopped chives
- [ ] Salt and pepper to taste

Instructions

1. In a mixing bowl, combine the Greek yogurt and softened cream cheese; whisk until smooth and creamy.
2. Stir in lemon juice, garlic powder, and honey; season with salt and pepper, tasting as you go.
3. Fold in the chopped chives gently, preserving the airy texture.
4. Cover and chill for at least ten minutes; serve with crackers, sliced veggies, or toast.

Nutrition per serving

210 kcal	14 g	12 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dip feels too loose, add a spoonful more Greek yogurt and stir.
- For a sweeter version, increase honey or swirl in a spoonful of fruit jam.
- A pinch of smoked paprika adds a subtle depth without heat.