



Low-Calorie Veggie Dip

8 Wedges Laughing Cow Light Cheese (flavor of your choice)
½ cup FairLife fat-free milk
1 tbsp Italian seasoning

Blend all ingredients in blender or food processor.

Place in serving bowl or in individual containers. Serve with your choice of fresh veggies. Makes 4 servings.

Nutrition Facts (per Serving): 83 calories, 3 grams fat, 4 grams carbohydrate, 6 grams protein, 375 mg sodium