

# Heart Healthy Recipes from Gwinnett Medical Center



## Light Blue Cheese Dip

- 8 oz. low fat sour cream
- ½ cup light mayonnaise
- ½ cup crumbled blue cheese
- 1 clove of garlic, minced
- 1 tbsp. white wine vinegar or white vinegar

### Preparation:

Combine all ingredients in blender and blend until smooth. Store dip covered, in the refrigerator for up to 2 weeks.

**Per serving:** Calories 98, Total Fat 8 g, Protein 2 g