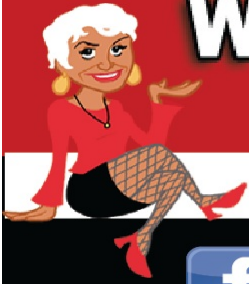


# WEIGHT ★ NO ★ MORE<sup>SM</sup> DIET CENTER



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WeightNoMoreDC



## BLUE CHEESE DRESSING

Final Lifestyle

### Ingredients

- 1 TSP white wine vinegar
- 4 TBS skim milk
- 2/3 cup low-fat cottage cheese
- 2 TBS crumbled blue cheese
- 1/4 TSP fresh ground white pepper

### Instructions:

1. Place vinegar, milk, cottage cheese and 1 TBS of blue cheese in blender and process until creamy.
2. Remove and add remaining blue cheese.
3. Cover tightly and refrigerate until serving time.

Portion-Per-Serving Information: (Yields 6 servings)

Serving = 4 TBS = ½ FT