



Presents



Whipped Goat Cheese Dip

Presented on July 12, 2014 by Ryan Minor

Ingredients

8 oz. goat cheese
1/2 T. + 1 tsp. honey
1/2 tsp. cinnamon
Chopped pecans, for topping
Fruit jam, for topping
Crackers, fruit for serving

(Probably something similar to Triscuits and then various berries- probably strawberries would dip easiest but other berries would stack on top the crackers and cheese)

Instructions

Add goat cheese to a food processor. Process until the cheese appears whipped and light. Add honey and cinnamon and process until well combined.

Add to a bowl and garnish with fruit jam and chopped pecans, if desired. Serve with fruit and crackers.

Calories-127cal, Carbs - 8g, Fat - 9g, Protein - 6g, Sodium - 104mg, Sugar - 6g