



89 Calories per serving

Recipe from:
OurWabisabilife.com

Tips: For additional heat, add extra sauce. This is a low calorie dish and you could add shredded cheese if you prefer.

Joshua 3:5...Consecrate yourselves, for tomorrow the Lord WILL do AMAZING things among you!!

Buffalo Chicken Dip

- 6 celery sticks
- 1 tsp turmeric powder
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp. black pepper
- ¼ Franks Buffalo Sauce or other low sodium alternative
- 1/8 c nonfat Greek yogurt
- 1/8 fat free cream cheese, softened
- 16 oz. canned chicken (45 cal., 2oz per serving)

Directions: Drain chicken and blend all ingredients. Chill or serve immediately.

This is a great appetizer, serve along with a salad for a meal, or a quick snack!