Greek Yogurt Cheeseball

Ingredients

- 1.5 cups low fat sharp cheddar cheese, fresh grated
- 32 oz plain low fat greek yogurt, fully strained
- ¼ teaspoon garlic powder
- ¼ teaspoon cayenne pepper
- ¼ teaspoon onion powder
- Salt & pepper to taste
- 1-2 jalapenos, seeded & minced
- 4 oz chopped green onion
- 1/4 cup pecans or choice, chopped small

Serves: 8
Prep Time: 25 minutes
Cook Time: 0 minutes

Nutrition Information: ~¼ cup
136 calories, 6 g fat, 5 g carb, 15 g protein, 220 mg sodium
Greek Yogurt Cheeseball

Instructions

- Strain greek yogurt: spoon greek yogurt in cheesecloth, wrap tight and let set in a fine mesh strainer over a bowl. Press occasionally to get out additional liquid, set aside
- Chop jalapenos, green onions and pecans (or nuts of choice set aside)
- Take strained greek yogurt and combine all ingredients except chopped nuts
- Place in bowl and garnish with chopped nuts and serve with assorted fresh cut veggies and/or crackers

Serves: 8
Prep Time: 25 minutes
Cook Time: 0 minutes

Nutrition Information: ~⅛ cup
136 calories, 6 g fat, 5 g carb, 15 g protein, 220 mg sodium