

## Sun Dried Tomato, Basil and Goats Cheese Spread

**Makes:** 6 servings

### Ingredients

½ Cup Sundried Tomato  
¼ Cup Fresh Basil Leaves  
6oz Goats Cheese  
½ Cup cottage cheese



### Instructions

Put tomatoes and basil in hand blender and pulse approx 5 times, until tomatoes are chopped and mixture is well combined. Remove mixture and transfer to a bowl.

Put cottage cheese and goats cheese in the hand blender and blend until smooth. Put the cheese mix into the bowl with the tomato/basil mixture and gently combine.

Chill the mixture for a few hours before serving.

Serving suggestion: Spread on crackers, celery or baby gem lettuce or use as a dip for raw veg.

### Nutrition information:

Per serving:

Kcal	40
Fat	3.8g
Net Carbs	2.7g
Protein	5.8g