



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**



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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**

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Prep Time: 25 minutes

Cook Time: 0 minutes

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