

WHIPPED FETA DIP WITH SPICY HONEY

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COOK TIME: 15mins

SERVES: 4

CALORIES: 236 kcal (PER SERVING)

INGREDIENTS

200 g (7 oz) feta
100 g (3.5 oz) ricotta
50 g (1.7 oz) sour cream
salt + black pepper

+

5 tbsp honey
1 tbsp olive oil
1 garlic clove, minced
2 tbsp lemon juice
1 tsp crushed red chili flakes
salt + black pepper

*FOR SERVING

chopped chives (optional)
1 tsp za'atar
1 tsp black & white sesame seeds
pita chips, naan or raw veggies

DIRECTIONS

Feta, ricotta and sour cream should be at room temperature.

Add feta, ricotta and sour cream to a food processor. Season with salt and pepper. Blend on high until smooth, about 2-3 minutes. Taste, add salt and pepper if needed.

In a saucepan, heat olive oil. Add garlic, sauté on very low heat until soft. Turn off the heat. Stir in honey, lemon juice and chili flakes. Season with salt and pepper.

Serve the whipped feta drizzled with spicy honey. Top with chives, za'atar, sesame seeds, some extra freshly ground black pepper and chili flakes. Enjoy with pita chips, naan or a veggie platter.

Leftovers can be used as a spread or a dressing.

Thanks for making! ... And if you love these recipes please consider supporting me by becoming a Cooking Club Member or just buy me a coffee.