



# *Gammy's House Recipes*

[www.GammysHouse.com](http://www.GammysHouse.com)

## **Spicy Blue Cheese Dip**

Make this your dip for Boneless Buffalo Wings and crunchy vegetables instead of a higher-fat blue cheese dressing.

### **Ingredients:**

2/3 cup reduced-fat sour cream  
2/3 cup crumbled blue cheese  
1 tablespoon distilled white vinegar  
1/4 teaspoon cayenne pepper (may be omitted)

### **Directions:**

Whisk sour cream, blue cheese, vinegar and cayenne in a small bowl.

Serves: 1 cup, for 8 servings

