

Eat Your Heart Out Edibles ♥

Personal Chef Service and Made-to-Order Bakery

"Eat Hearty Without the Headache!"



Chef Angela's Protein Dip

INGREDIENTS:

6oz boneless skinless chicken breast (or any quantity you want)

1/8 cup water (can add more if needed) SLOWLY add this so consistency isn't too watery

Add-ins of your choosing (see in directions below)



DIRECTIONS:

- ♥ Boil chicken until just done, then shred. Next, throw chicken in food processor or use immersion blender (my personal preference) to puree chicken.
- ♥ SLOWLY add water until it gets to your desired consistency, mine was like hummus.

Addins:

- ♥ I made a savory dip with a kick and added salt, pepper, garlic powder, and Sriracha.
- ♥ I also made a sweeter batch and added: Dijon mustard, maple syrup, and chopped pecans...and used apple slices for dipping!



Compliments of Eat Your Heart Out Edibles

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