DISTRICT 5 4-H FOOD SHOW
RECIPE SUBMISSION PAPERWORK

CONTESTANT NAME: Abby Armstrong				
CATEGORY *Please check one*	☐ Appetizer	☐ Main Dish	☐ Side Dishes	☒ Healthy Desserts
COUNTY	Anderson			
AGE DIVISION	☐ Junior	☐ Intermediate	☒ Senior	

Name of Recipe: Healthy Chocolate Cheesecake Dip		
Prep Time: 5 minutes	**Cook Time:** 20 minutes	**Cost:** $8.66

Type Recipe Here:

Abby Armstrong
Healthy Chocolate Cheesecake Dip

Ingredients:

4 oz reduced-fat cream cheese
2/3 cup fat-free vanilla Greek yogurt
2 Tbsp. Chocolate Pudding mix

Directions

* Add 4 ounces of reduced-fat cream cheese to a medium mixing bowl.
* Using the hand mixer, beat the cream cheese until smooth.
* Add 2/3 cup of Greek yogurt to the blended cream cheese. Blend the yogurt in with the cream cheese.
* Add 2 tablespoons of pudding mix to the yogurt and cream cheese mixture.
* Blend all three ingredients together until the mixture is smooth and uniform. Feel free to taste and add in more of certain ingredients as needed.
* If you want, sprinkle in chocolate chips for crunch, and chop some fruit for dipping. Then, enjoy!

By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.

Revised July 2020