



## Keto Cheese and Salsa Dip

Keto Cheese Dip is so easy to make! We used to eat this during football games with friends and dip with Fritos . . . but now it's pork rinds and cucumbers! Only 3 ingredients (add some Mexican spices if you'd like!). You can even make it the day before and store it in the fridge.

### Recipe:

8oz Cream Cheese, softened  
8oz Shredded Cheddar Cheese  
16oz Salsa

Mix everything together until it's orange!

Refrigerating thickens it.

### The Keto Dad Tips and Tricks:

- We serve this cold with your chip replacement of choice.
- Go for the lowest carb salsa you can find!
- Use cucumbers, pork rinds, zucchini chips, celery . . . so many options!



Serving size: 10 servings

Calories: 188, Fat: 16g, Carbs: 4g, Fiber: 1g, (Net Carbs 3) Protein: 8g

\* Macros do not include your "chip"

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