



# Everything But the Bagel Dip

This Everything But the Bagel dip is the perfect appetizer for your next party. All of your favorite bagel flavors in a simple dip! All you need are a few simple ingredients.

## Recipe:

8 oz Cream Cheese  
3/4 Cup Sour Cream  
1/4 Cup Mayo  
2 Tbsp Everything But The Bagel Seasoning  
1/2 tsp Onion Powder  
1/4 tsp Garlic Powder

Start by mixing the Cream Cheese, Sour Cream and Mayo together, then add the seasonings and mix well. Use any keto cracker or veggie!

## The Keto Dad Tips and Tricks:

- Dip with mini bell peppers, cucumbers or celery. We're using Keto Crackers for this picture. You can also use our [Almond Flour Cracker](#) recipe
- We used Primal kitchen mayo or Sir Kensingtons that uses avocado oil
- Enjoy right away or place in the Refrigerator to chill for a few hours.

Serving Size 6

Macros: Calories: 238 Fat: 24, Carbs: 3g, Fiber: 0g, Protein: 5g



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