GREEK · SNACK · SIDE

Creamy Greek Whipped Feta Dip

5 min · Makes 6 × ⅓ cup (about 80 g) · 189 kcal a portion · Video 3:16 · Dimitra's Dishes

Vegetarian · Gluten-free ingredients · Nut-free

Feta whipped with Greek yoghurt, lemon and olive oil: about 3 g of net carbs and 8 g of protein a serve, rich in vitamin B12 and a source of calcium, with no added sugar. Serve with vegetables to keep it light.

Diet notes: Keto (3.3 g net carbs a serve).

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Ingredients

8 · MAKES 6 × ⅓ CUP (ABOUT 80 G)

- [ ] 8 oz **sheep's milk feta cheese**
- [ ] 6 oz (6 oz, ¾ cup) **plain Greek yoghurt** (or sour cream)
- [ ] 1 **garlic** clove, grated (or roasted)
- [ ] 2 tbsp **fresh lemon juice** (about ½ lemon)
- [ ] 2 tbsp **olive oil**
- [ ] a drizzle of **olive oil**, to serve (about 2 tsp)
- [ ] a pinch of **dried Greek oregano**, to serve
- [ ] a few **Kalamata olives**, chopped, to serve (optional)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Crumble the feta into a food processor, add the grated garlic and the Greek yoghurt, and blend until very smooth. 0:29
2. Add the lemon juice and olive oil and blend again until creamy and whipped. 1:34
3. Spread the dip in a shallow bowl, drizzle with a little olive oil, sprinkle with oregano and scatter over chopped Kalamata olives. 2:01
4. Serve with raw vegetables, crackers or toasted bread. Leftovers keep 4–5 days in the fridge.

> **Tip** Sheep's milk feta whips smoothest. Roasted garlic gives a milder flavour. Other toppings the cook suggests: harissa, chopped pistachios, pine nuts, chilli flakes or sun-dried tomatoes.

The method is a summary in our words — the video shows every step.

One portion, ⅓ cup (about 80 g), gives you

1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
189 kcal	8.1 g	3.5 g	0.2 g	16 g	390 mg
790 kJ	16% of a day	3.3 g net · 2.7 g sugars	1% of a day	7.6 g saturated	17% of a day
		1% of a day		21% of a day	

Energy from net carbs 7% · protein 17% · fat 76% — fits keto: 3.3 g net carbs, 76% of the energy from fat

High in (20%+ of a day) Vitamin B12 36%

Source of (10–19%) Calcium 17% · Selenium 16% · Zinc 12% · Vitamin B6 11% · Omega-3 10%

Recipe and video: Dimitra's Dishes (@DimitrasDishes) on YouTube — youtube.com/watch?v=YT1Z7BI0ydo, published 21 May 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/greek-whipped-feta-dip