

BUFFALO CHICKEN DIP



INGREDIENTS:

- 1 lb chicken breast
- 1/2 cup buffalo sauce
- 1/2 cup reduced fat cream cheese
- 1/2 cup reduced fat shredded cheese

DIRECTIONS:

1. Place chicken breast and buffalo sauce in a Crockpot
2. Cook on high for ~2 hrs or until internal temperature reaches 165 F
3. Use a set of forks to shred the chicken
4. Add cream cheese and shredded cheese, mix well
5. Cook on low for ~15 minutes

Enjoy!

Makes 8 Servings | Serving Size = 3.5 oz
Calories: 152 | Protein: 21 g | Carb: 1 g | Fat: 7 g