



Buffalo Jackfruit Dip

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Servings: 6.63

Serving Size: 1/4 cup

Protein Per Serving: 1.1 g protein

Calories Per Serving: 139 calories

Ingredients:

- 200 g Young Jackfruit in Brine, drained, seeds removed and roughly chopped
- ¼ c. Franks Buffalo Sauce
- 8 fl. oz. Daiya Cream Cheeze, Plain, room temperature
- 2 TBSP. Sour Cream
- 2 TBSP. Rice Dream, Original
- ¼ tsp. Garlic Powder
- ¼ c. Daiya Cheddar Style Cutting Board Shreds
- ¼ c. Daiya Cutting Board Mozzarella Style Shreds

Directions:

1. In a glass or ceramic bowl, add the chopped jackfruit and buffalo sauce. Gently toss to combine. Cover and place in the fridge to sit for 30 minutes.
2. In a medium sauce pan, add the cream cheeze and cook over medium low heat. Stir frequently to prevent burning. Once melted, add the sour cream, rice milk, and garlic powder. Continue to cook and stir over medium low heat until the cream mixture begins to bubble.
3. Remove the buffalo jackfruit from the fridge and toss into the creamy mixture and lightly mix. Turn heat up to medium and add the cheeses. Stir until melted and thickened. Serve hot with tortilla chips and crackers.

Notes:

- Chips and crackers are not included in the overall protein information
- If you want this dip more mild, reduce the buffalo sauce to 2 tablespoons