



Sausage & Hot Honey Pizza Dip



1/10 of recipe (about 1/4 cup): 117 calories, 7g total fat (4.5g sat. fat), 237mg sodium, 6.5g carbs, 0.5g fiber, 4g sugars, 7g protein

[Click for WW Points® value*](#)

WW Points® value 6*

Prep: 10 minutes **Cook:** 20 minutes



More: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#), [Gluten-Free](#)

Ingredients

1 cup whipped cream cheese
1 cup light/low-fat ricotta cheese
1/2 tsp. garlic powder
1/2 tsp. Italian seasoning
1 cup shredded part-skim mozzarella cheese, divided
1/2 cup marinara sauce with less than 70 calories per 1/2-cup serving
1 frozen meatless or turkey precooked sausage patty with 80 calories or less, thawed and finely chopped
1 tbsp. hot honey (like Mike's Hot Honey)
Serving suggestions: pita chips, whole-grain crackers, veggies

Directions

Preheat oven to 375°F. Spray a 9-inch pie pan with nonstick spray.

In a large bowl, combine cream cheese, ricotta, and seasonings. Mix well.

Fold in 1/2 cup mozzarella. Mix until uniform.

Transfer mixture to the pie pan, and smooth out the top. Top with sauce, remaining 1/2 cup mozzarella, and chopped sausage.

Bake until hot and bubbly, about 20 minutes. Drizzle with honey.

MAKES 10 SERVINGS

HG Heads Up: Some meatless sausage contains gluten, so read labels carefully if that's a concern.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.
*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.