

INGREDIENTS

- 8 oz Plain Greek Yogurt
- 8 oz Cream Cheese
- 1, 10 oz package Frozen Spinach, chopped
- ½ cup Red Bell Pepper, chopped
- 1/3 cup Scallions, chopped
- 2 cloves Garlic, crushed
- Red Pepper Flakes, to taste

DIRECTIONS

1. Thaw spinach and press water out.
2. In a medium or large bowl, mix together yogurt, cream cheese, red bell pepper, scallions, and garlic until well blended.
3. Add red pepper flakes to taste.
4. Serve with crackers, celery, carrots, peppers, etc.



Healthy Spinach Dip

*Fall 2019 Cooking Class |
Gluten Free | Vegetarian |*

Yield:
6-8 Servings

Prep Time:
5 Min

Cook Time:
5 Min