Healthy Spinach Dip

**Ingredients:**

* 8 oz plain Greek yogurt

8 oz Greek cream cheese

* 1 10 oz. package frozen chopped spinach
* ½ cup chopped red bell pepper
* ⅓ cup chopped scallions
* 2 cloves crushed garlic
* Red pepper flakes to taste

**Instructions:**

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.