



Greek Yogurt Veggie Dip

Enjoy this delicious veggie dip with your favourite vegetables or pita chips!

Ingredients

- 1 ½ cups (375 mL) plain Greek yogurt
- ¼ cup (60 mL) cream cheese, softened
- 1 cup (250 mL) baby spinach
- 1 tsp (5 mL) parsley flakes
- ½ tsp (2.5 mL) garlic powder
- ½ tsp (2.5 mL) onion powder
- ½ tsp (2.5 mL) lemon and herb seasoning blend
- ¼ tsp (1 mL) salt



Preparation

1. In a large mixing bowl, blend the Greek yogurt and softened cream cheese together by hand, or with a hand mixer.
2. In a food processor, pulse the baby spinach until fully chopped.
3. Add the chopped spinach to the yogurt mix and stir.
4. Add the parsley flakes, garlic powder, onion powder, lemon and herb blend, and salt.
5. Stir to combine. Scoop into a bowl, and serve with your favourite veggies or pita chips.
6. Enjoy!