



Creamy Spinach and Feta Dip

SERVINGS: 5

PREPPING TIME: 5-10 MINS

COOKING TIME: 0 MINS

INGREDIENTS

- 5 oz. frozen, chopped, packaged spinach
- 1/2 cup nonfat plain Greek yogurt
- 1/2 cup reduced fat sour cream
- 1/2 cup fat free crumbled feta cheese
- 1 tsp. minced garlic
- 1/3 cup fresh parsley and chives, chopped
- 1/2 tsp. black pepper
- 1/8 tsp. salt
- 1/8 tsp. Sriracha chili sauce
- 1/2 tsp. psyllium husk

DIRECTIONS

1. Combine all ingredients in a bowl and mix well.
2. Pour into a blender and blend until well combined.
3. Refrigerate for 1 hour and serve with sliced veggies or crackers.

NUTRITION

Serving size: 1/2 cup
(per serving) 80 calories, 3.5g fat, 2g saturated fat, 10mg cholesterol, 210mg sodium, 5g carbohydrate, 2g fiber, 1g sugar, 8g protein