



Greek Yogurt Spinach Dip

PREP TIME: 10 MINS

SERVINGS: 6-8

COOK TIME: 2 MINS

Ingredients

- 2 cups greek yogurt
- 8 oz bag of fresh spinach
- 2 garlic cloves, minced
- 1/2 cup fresh parsley, chopped
- 1 Tbsp fresh mint, chopped
- 1 Tbsp lemon juice
- 1 tsp salt
- 1/2 tsp pepper

Directions

1. Bring a medium pot of water to a boil.
2. Blanch spinach in the water for about 10 seconds.
3. Remove spinach from boiling water and place in ice bath. Drain and set aside.
4. In a medium bowl combine spinach and all remaining ingredients.
5. Cover and store in fridge until ready to serve. (Stays fresh for about 2 weeks.)

Serve with carrot or celery sticks, sliced bell peppers, or even slices of whole-grain bread.