



HEALTHY SPINACH DIP

INGREDIENTS

- 1.5 cups plain Greek yogurt
- 3 oz cream cheese
- 2 Tbsp green onion
- 2 Tbsp sweet yellow pepper
- 2 Tbsp sweet red pepper
- 2 Tbsp Italian dressing mix
- 3 cups frozen spinach, thawed, squeezed dry

PREP TIME

- Prep | 30 minutes
- Cook | 0 minutes
- Yield | 12 servings

NUTRITION FACTS

Serving 1/4 cup, total: 12

- Calories 54
- Fat 3g
- Cholesterol 9mg
- Carbohydrate 3g
- Sodium 105mg
- Fiber 1g
- Protein 4g

DIRECTIONS

- 01** Combine yogurt and cream cheese together. Blend/ stir until smooth.
- 02** In separate bowl, combine all dry ingredients.
- 03** Pour dry ingredients into cream cheese/ yogurt mixture. Add in vegetables.
- 04** Stir until desired consistency.
- 05** Chill in refrigerator for 30 minutes. Enjoy!

GARLIC RANCH DIP



INGREDIENTS

- 1.5 cups plain Greek yogurt
- 1 tsp minced garlic
- 1 tsp dill weed
- 1 tsp parsley
- 1 tsp chives
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp worcestershire sauce
- 1/2 tsp pepper

PREP TIME

- Prep | 30 minutes
- Cook | 0 minutes
- Yield | 8 servings

NUTRITION FACTS

Serving 1/4 cup, total: 8

- Calories 40
- Fat 2g
- Cholesterol 6mg
- Carbohydrate 2g
- Sodium 34mg
- Fiber 0g
- Protein 4g

DIRECTIONS

- 01** Combine all ingredients in a bowl.
- 02** Stir until all ingredients are mixed evenly.
- 03** Chill in refrigerator for 30 minutes. Enjoy!

Tip: If in a crunch for time, get a pre-packaged ranch dip and mix with yogurt!



PEANUT BUTTER 'CHEESECAKE' DIP

INGREDIENTS

- 1.5 cups plain Greek yogurt
- 1 tsp peanut butter, creamy
- 1 tsp cream cheese
- 1 tsp cinnamon

PREP TIME

- Prep | 30 minutes
- Cook | 0 minutes
- Yield | 8 servings

NUTRITION FACTS

Serving 1/4 cup, total: 8

- Calories 70
- Fat 4g
- Cholesterol 9mg
- Carbohydrate 3g
- Sodium 60mg
- Fiber 0g
- Protein 5g

DIRECTIONS

- 01** Combine all ingredients in a bowl.
- 02** Stir until all ingredients are mixed evenly.
- 03** Chill in refrigerator for 30 minutes. Enjoy!

Tip: Try with graham crackers or fresh fruit!