

Healthy Taco Dip



Ingredients

For 2-3 servings

- 1/2 Package of Cream Cheese (Low Fat/Light)
- 1 cup Plain Greek Yogurt (0%) (or Cottage Cheese)
- 1 tsp Taco Seasoning
- 1/3 cup Salsa
- 1/2 cup Shredded Cheese (Low Fat/Light)

Directions

1. Beat or mix together well: cream cheese and greek yogurt and taco seasoning then spread as bottom layer of your dip
2. Spread salsa evenly on top of bottom layer
3. Top with cheese and any other additional toppings (taco sauce is good)
4. Enjoy with taco or pita chips

STORE IN FRIDGE (2-3 days)

