

# Spinach Dip



## Ingredients

For 2-3 servings

- 3 oz Crumbled Feta Cheese
- *(Dice if needed)*
- 1 Garlic Clove *(Minced)*
- 150g Plain 0% Greek Yogurt
- 30g Light Mozzarella Cheese
- 15g Light Text Mix Cheese
- 75g Light Cream Cheese
- 30g Light Parmesan Cheese
- 25g Light Mozzarella Cheese (Topping)
- 3 oz Spinach (Defrosted + Drained)

\*\* Make sure frozen spinach is full thawed (Put in fridge day before or leave in water)

Cut a small hole in the bag and squeezed spinach in the bag and let the water drain.

## Directions

1. Preheat oven to 350 degrees and spray pie dish or 8x8 pan with cooking spray (100% avocado oil is best)
  2. In large bowl add yogurt, squeezed out spinach, garlic, and cheeses. Mix and combine ingredients with large spatula, mix together well.
  3. Transfer mixture to prepared baking dish. Top with more cheese.
  4. Bake for 30-35 minutes, until cheese topping is golden.
- You can also switch oven to broil for last 5 mins to get cheese golden

