



healthy spinach & kale yogurt dip

Inspired by Trader Joe's dip, this healthy Spinach & Kale Greek Yogurt Dip is so awesome you'll want to eat it with a spoon!

SERVES: 4-6



julie albert & lisa gnat



ingredients

- 2 cups plain Greek yogurt
- 3 tbsp mayonnaise
- 2 tbsp honey
- 1 cup finely chopped spinach
- 1 cup finely chopped kale
- 1/3 cup red bell pepper, finely minced
- 1/3 cup carrots, finely minced
- 1/3 cup water chestnuts, rinsed, drained and finely minced
- 2 thin green onions, finely chopped
- 2 garlic cloves, finely minced
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground black pepper
- 1/4 tsp smoked paprika

directions

1. In a medium bowl, mix all ingredients and refrigerate at least 1 hour prior to serving. Season to taste.

“Never dip lower than you can dip.”

— GARY BUSEY

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