

Recipes

Here's an easy-to-make recipe for a snack. You can prepare it ahead of time, so it will be ready to eat when you need it.

Spinach Dip

Ingredients

- 1 10-oz. package frozen chopped spinach (or 2 cups fresh spinach)
- 1 package Knorr® vegetable soup mix
- 1 cup mayonnaise
- 16 oz. sour cream
- ½ cup shredded carrots

Directions

1. If using frozen spinach, thaw and squeeze out water.
2. Combine all ingredients.
3. Chill for an hour.
4. Serve in hollowed-out loaf of bread or with fresh vegetables, bread cubes, or crackers.



Source: www.cff.org/PDF-Archive/This-Eating-Stuff-is-Hard-Work!-Recipe-Book/

Calories per serving of spinach dip only (4 tbsp): 132 | Fat: 11 g

Carbohydrates: 7 g | Protein: 2 g

