

Recipe for: GREEN GARDEN DIP

INGREDIENTS

- 1 avocado
- 2 tablespoons whipped cream cheese
- 1/4 cup Greek yogurt
- 10-12 leaves of mixed greens (spinach, Swiss chard, kale, mustard greens, tatsoi, etc.)
- 3-5 green onions
- 1/2 teaspoon cumin
- salt to taste
- snap peas, carrot sticks, etc. for serving

DIRECTIONS

1. Cut avocado in half, remove pit, and scoop flesh into medium sized mixing bowl. Mash with a fork.
2. Add cream cheese and yogurt to mashed avocado and set aside.
3. Finely chop greens. Finely chop green onions.
4. Add chopped greens and green onions, cumin and salt to avocado mixture and stir until well combined.
5. Serve with snap peas, carrot sticks or other favorite dipping veggie.

