

## Great Green Veggie Dip

Try this quick, protein packed dip with seasonal vegetables or whole grain crackers.

Preparation Time: 15 min.

Makes about :2 ½ cups

### Ingredients:

- 1 c steamed seasonal organic greens (kale, spinach, Swiss chard)
- 1 c plain organic yogurt
- 1 c organic chick peas
- ¼ c mayonnaise
- 1 clove organic garlic, minced
- 1 Tbsp. organic lemon juice or to taste
- ¼ tsp salt or to taste

Puree all of the ingredients in a blender or food processor.

### Supplies:

- Food processor with blade attachment
- 1-cup measure
- Measuring spoons
- Rubber spatula
- Small spoon