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# CREAMY SPINACH DIP

Prep time: 15 min.    Refrigeration time: 2hrs or more    Total time: 2hrs 15 min  
Makes about 3 cups

This rich creamy spinach dip was adapted from the [Knorr Spinach Dip](#) recipe. Using less mayonnaise and adding in some creamy plain Greek yogurt makes for a little more guilt free eating.

1 (300g) pkg. frozen chopped spinach, thawed and squeezed dry  
1 ½ cups plain Greek yogurt  
1 cup mayonnaise  
1 (40g) pkg. Knorr dry vegetable soup mix  
1 (227mL) can water chestnuts, chopped  
3 green onions, chopped



Using a clean, dry towel squeeze all the moisture from the spinach and add to a medium size bowl. Add in the yogurt, mayonnaise, dry soup mix, water chestnuts and green onions. Combine well. Cover with plastic wrap and refrigerate for 2 hours or more before serving.

Variation: add 1 small can of drained, chopped artichoke hearts.

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