



### **Harley's Healthy Spinach Dip**

#### **Ingredients:**

- 1 1/4 pounds spinach leaves
- 1 cup nonfat Greek yogurt
- 1/4 cup shredded nonfat mozzarella cheese
- 1 teaspoon onion powder
- 1 teaspoon garlic powder

#### **Instructions:**

- Combine spinach, sour cream, mozzarella, onion powder, garlic powder, salt, and pepper in plastic container.
- Microwave for 1 1/2 minutes and serve.

**Calories per Serving: 13**