



Love Every Bite: Clean, Creamy, and Guilt-Free Spinach Dip

Dive into a dip that loves you back!

This clean, creamy, and guilt-free spinach dip is loaded with wholesome ingredients like frozen spinach, peas, artichoke hearts, crunchy water chestnuts, and fresh carrots. With a homemade blend of herbs and spices—no store-bought packets in sight—you'll experience a bold, savory flavor in every bite.

Perfect for pairing with fresh veggies, whole-grain crackers, or even spreading on wraps or sandwiches, this dip turns snacking into a nourishing delight. Get ready to love every bite—and feel great about it!

Ingredients

- 1½ cups non-fat Greek yogurt
- ½ cup Chosen Foods avocado mayo

Spices:

- 1½ tsp onion powder, organic
- 1 tsp paprika, organic
- 1 tsp Garlic Garlic (click [HERE](#) for recipe), or garlic powder, organic
- ½ tsp sea salt
- ½ tsp pepper
- ½ tsp dried parsley, organic
- ½ tsp dried chopped onion, organic

Veggies & Add-ins:

- 16 oz frozen spinach, organic, thawed
- ½ cup green onion, diced, organic
- 2 tsp Worcestershire sauce
- 1 (8 oz) can water chestnuts, chopped, organic
- 1 (14 oz) can artichoke hearts, chopped, organic
- ½ cup frozen peas, organic, thawed
- 1 carrot, organic, roughly grated

Instructions

1. Grate the carrot using a cheese grater.
2. In a large bowl, combine the yogurt and avocado mayo. Stir until smooth.
3. Add the spices: onion powder, paprika, Garlic Garlic (or garlic powder), sea salt, pepper, parsley, and chopped onion. Stir well.

4. Squeeze the thawed spinach thoroughly to remove excess water (about 10 squeezes per fistful). Add it to the bowl and mix.
5. Stir in each remaining ingredient one at a time, mixing after each addition.
6. Refrigerate for at least 30 minutes before serving (overnight is even better!) to let the flavors combine.

Storage Notes

This recipe makes a generous 4 cups of dip—perfect for parties, potlucks, or just keeping healthy snacking on hand. It'll stay fresh in the fridge for 4–5 days. If the yogurt releases a little water, don't panic—just give it a stir and watch it come right back to life: creamy, dreamy, and totally crave-worthy.