

## **Tranquil Farms Green Goodness Spinach Dip**

10 OZ package Frozen Chopped Spinach

2 Cups Sour Cream or Plain Greek Yogurt

1 Cup Mayonnaise

3+ Green Onions Thinly Sliced

2 Large Carrots Grated

1 Can Water Chestnut Diced

1 OZ (Half the bottle) Green Goodness Powder

1/2 Cup Parmesan Cheese Finely Grated (other cheeses such as Gruyere would also be good)

12 OZ can/jar Marinated Artichokes Hearts Diced (Optional)

(1) In the mixing bowl whisk together the sour cream or greek yogurt, mayonnaise and Green Goodness Powder.

(2) Thaw the frozen spinach, squeeze or wring as much liquid out as possible and then crumble into the mixing bowl. (For best results make sure spinach is as dry as possible before mixing in.)

(3) Place all the remaining ingredients in the mixing bowl and whisk thoroughly to incorporate all the ingredients.

Dip can be used immediately, but for best results refrigerate for at least 1 to 2 hours before using to allow flavors to blend. Dip can also be heated in the microwave and served hot.