

Kale & Spinach Greek Yogurt Dip

Ingredients:

- 1 cup Greek yogurt
- 2 tbsp mayonnaise
- 1 tsp maple syrup
- 1/2 cup finely chopped kale
- 1/2 cup finely chopped spinach
- 3 scallions, white & green parts, finely chopped
- 1/4 cup jicama, peeled and finely chopped
- 3 tbsp red bell pepper, finely chopped
- 3 tbsp carrot, grated or finely chopped
- 3 tbsp sweet corn, thawed if frozen
- 1 plump clove garlic, minced
- 1/4 teaspoon salt
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon dill weed or 2 tsp fresh dill fronds
- A few turns of freshly ground black pepper

Preparation:

Wash all veggies and pat dry. Chop and keep aside.

In a mixing bowl, combine Greek yogurt, mayonnaise, minced garlic, onion & garlic powder, dill weed, salt & pepper and whip until smooth.

Add in the chopped vegetables and with a spoon or a spatula mix well to combine.

Taste and adjust seasoning.

Refrigerate for at least 30 mins before serving.