

Spinach Dip

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AIMI

25 years of service in DFAIT

Ingredients / Ingrédients

- 1 250 g sour cream
- 1 cup of mayonaise
- 1 package of Knorr Vegetable Soup (dehydrated soup)
- 1 package of frozen chopped spinach
- 1 round Pumpernickel Bread

Instructions

- Make a hole in the middle of the Pumpernickel Bread – use the bread from the middle for dipping
- **TIP - Frozen spinach – thaw and squeeze out all the moisture before adding to the other ingredients**
- Blend all ingredients into a bowl – **TIP - should sit for at least a half hour before serving.**
- Put aside until ready to serve.
- Just before serving fill the centre of the Pumpernickel Bread
- Can also serve with fresh cut veggies

My favourite food memory:

One of the ways I get my kids to eat veggies – they even take this to school. My kids now make it on their own.