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## RACKS Recipes:     Appetizers

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### Spinach Dip

- 1 pkg. chopped spinach freshly cooked or frozen
- 1 cup light or regular sour cream
- 1 cup of light or regular mayonnaise
- 1 pkg. Knorr vegetable mix

Mix sour cream, mayonnaise and vegetable mix together. Drain and add spinach.

Serve with pumpernickel bread and/ or flavoured bagels sliced bite size! (cheese, everything, pumpernickel...)

(Prepare at least 30 minutes before serving to give the vegetable mix enough time to soften.)