

# Spinach Dip

## Ingredients:

- 1 c. mayo
- 1 c. sour cream
- 1-10 oz pack frozen spinach (*thawed and drained*)
- 1/2 c. chopped fresh parsley (*optional*)
- 1/4 c. green onions (*optional*)
- 1 t. lemon pepper or your favorite seasoning blend

## Directions:

Combine all ingredients together and mix well.

Cover and refrigerate at least 3-4 hours so the flavors can blend.

Serve!