



WHIPPED FETA DIP

"Feta cheese is a good source of calcium, protein, and healthy fats, making it a nutritious and tasty snack!"



Ingredients

- 1 block of feta cheese (8 oz.)
- $\frac{1}{2}$ cup of plain greek yogurt
- 3 tbsp olive oil
- 1 garlic clove
- 2 tbsp lemon juice
- $\frac{1}{2}$ tsp of red pepper flakes
- ***Optional: Hot honey or honey to drizzle on top***

Instructions

1. Combine feta, yogurt, olive oil, garlic, lemon juice, and red pepper flakes in a food processor or blender
2. Pulse until creamy and smooth, scraping down the sides
3. Transfer to a serving bowl and drizzle with honey or hot honey to garnish
4. Serve with pita chips and fresh cut vegetables and enjoy!