



Whipped Feta Dip

Makes 6.8 servings

Ingredients:

- 4 oz. Violife Just Like Feta Block, softened
- 4 fl.oz. Violife Just Like Cream Cheese Original, softened
- 1 1/2 tsp Olive Oil
- 1 clove(s) Garlic, minced
- 1/4 tsp Salt
- 1/8 tsp Black Pepper
- 2 tsp Honey
- 1/2 tsp Thin Sliced Scallions
- 1/4 tsp Fresh Chopped Parsley
- **Note:** If you cannot find the Feta, you can just use the cream cheese.

1. In a small bowl add the softened feta and cream cheese. Using a fork, mashed the cheeses together. Add the olive oil and garlic and mix with the fork or small spatula until smooth and combined. Season with salt and pepper.
2. Move to a small bowl to serve. Make a small well in the middle of the dip and top with honey. Add the scallions and parsley. Serve with your choice of crackers or pretzels.

Nutritional Information: Serving size: 2 TBSP | Protein per serving: 0.2 g | Calories per serving: 110