

# **SPINACH DIP (FAT FREE)**

**From the kitchen of Mary C. Plona**

Category: APPETIZER

Preparation time: 15 min

Servings: 10 - 12

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## **Ingredients**

- 1 pkg fat free Original Ranch Mix
- 1 pint fat free Sour Cream
- 10 oz Frozen Spinach, thaw & drain.
- 8 oz can Water Chestnuts, chopped
- 1 small round Pumpernickle Bread

## **Instructions**

Mix all ingredients together. Make a cavity in center of bread & fill with dip mixture. Save & cube bread from cavity for dipping.

