



Everything Bagel Dip



1/8th of recipe (about 2 tbsp.): 45 calories, 1.5g total fat (1g sat. fat), 244mg sodium, 1.5g carbs, 0g fiber, 1.5g sugars, 3.5g protein

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Prep: 5 minutes



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Ingredients

1/4 cup light/reduced-fat cream cheese
1 cup fat-free plain Greek yogurt
1 1/2 tbsp. everything bagel seasoning blend (like the kind by Trader Joe's), plus more for topping
1 1/2 tsp. Dijon mustard

Directions

Place cream cheese in a medium bowl, and stir until smooth.

Add all remaining ingredients. Mix until uniform.

MAKES 8 SERVINGS

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