



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

Green Plan [SmartPoints](#)® value 2*

Blue Plan (Freestyle™) [SmartPoints](#)® value 1*

Purple Plan [SmartPoints](#)® value 1*

Prep: 5 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [5 Ingredients or Less](#), [30 Minutes or Less](#), [Four or More Servings](#)

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

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.