

Herbed Cream Cheese Spread

Ingredients

- 8 oz cream cheese, softened (regular, Neufchâtel, or fat-free)
- ½ cup yogurt plain, low-fat, or non-fat
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- ¼ teaspoon dried thyme
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder

Instructions

With an electric mixer or in a food processor, blend together all ingredients until smooth and creamy. Refrigerate until ready to use. Serve with assorted crackers.

Notes

Nutritional (regular cream cheese & plain yogurt):

Serving size = 2 Tablespoons—per serving:

Calories 55; Fat 5g; Cholesterol 17 mg.