

Herbed Cream Cheese Spread

Ingredients

- 8 oz cream cheese, softened [regular, Neufchâtel, or fat-free]
- $\frac{1}{2}$ cup yogurt plain, low-fat, or non-fat
- $\frac{1}{2}$ teaspoon dried oregano
- $\frac{1}{4}$ teaspoon dried basil
- $\frac{1}{4}$ teaspoon dried thyme
- $\frac{1}{4}$ teaspoon garlic powder
- $\frac{1}{4}$ teaspoon onion powder

Instructions

1. With an electric mixer or in a food processor, blend together all ingredients until smooth and creamy.
2. 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.