

Herbed Cream Cheese Spread

Prep time: 5 minutes — Chill time: 2 hours minimum

Makes about 1 cup or 8 servings

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| 1 (8 oz.) bar of your store brand cream cheese, softened (regular, Neufchâtel, or fat-free) | 1/2 teaspoon dried oregano |
| 1/2 cup yogurt (plain, low-fat, or non-fat) | 1/4 teaspoon dried basil |
| | 1/4 teaspoon dried thyme |
| | 1/2 teaspoon garlic powder |
| | 1/4 teaspoon onion powder |

- 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.
- Nutritionals (regular cream cheese & plain yogurt):
Serving size = 2 Tablespoons
—per serving: Calories 55; Fat 5g; Cholesterol 17 mg.