

Dehydrated Spinach Flakes

SPINACH AND BANANA SMOOTHIE

- 2 cups Augason Farms Dehydrated Spinach Flakes
- 1 cup banana
- 1/2 cup Augason Farms Freeze Dried Diced Mango
- 1 1/2 cups prepared Augason Farms Morning Moo's® Low Fat Milk Alternative
- 1/2 cup ice
- 1 6-ounce container vanilla yogurt

Combine all ingredients in a blender on high speed until creamy and thick. Add up to 1/4 cup more milk if a thinner consistency is desired.

SPINACH VEGETABLE DIP

- 1 cup Augason Farms Dehydrated Spinach Flakes, rehydrated
- 1/3 cup Augason Farms Freeze Dried Sweet Corn, rehydrated
- 2 tablespoons Augason Farms Dehydrated Chopped Onions, rehydrated
- 1/4 cup Augason Farms Dehydrated Diced Carrots
- 8-ounces cream cheese, softened
- 1 teaspoon Augason Farms Iodized Salt
- 2 cups Augason Farms Freeze Dried Shredded Mozzarella Cheese, rehydrated
- 1/4 cup mayonnaise
- 1/3 cup shredded Parmigiano-Reggiano cheese
- 1 teaspoon lemon juice
- 1 teaspoon crushed red pepper, optional

Preheat oven to 350°F. In large bowl combine all ingredients until well incorporated. Spread into an oven safe baking dish. Bake uncovered for 20 to 25 minutes or until cheese is hot and melted.