

Olive Dip

4 oz non fat cream cheese
1 cup Spanish olives, pitted
¼ cup olive juice
¼ cup walnuts
1 Tablespoon light mayonnaise

In a blender or food processor add all ingredients and mix and until well blended. Serve with veggies or whole grain pretzel sticks.

Serves 8. One serving=2 tablespoons

Calories 90 Fat 7g Carbohydrate 3g Fiber 0g Protein 3g Sodium 500mg