

## **7 Layer Mexican Greek Yogurt Dip**

### Ingredients:

1. 150g Epigamia Natural Greek Yogurt
2. 1/2 tsp salt
3. 3 tsp cream
4. 4 tbsp refried beans
5. 2 tbsp Guacamole
6. 4 tbsp Salsa
7. 1/4 cup lettuce (shredded)
8. 4 tbsp Mexican cheese blend (shredded)
9. 1 tbsp black olives (sliced)

### Preparation:

1. In a bowl mix together the Epigamia Greek Yogurt, salt and cream, this will be the substitute for sour cream
2. In a serving bowl layer refried beans, Guacamole, yogurt sour cream, black olives, lettuce, salsa and Mexican cheese blend
3. Put it in the fridge to chill, when serving, microwave for 30 seconds or till the cheese on the top starts to melt
4. Serve with nacho chips or vegetable sticks