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**[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

Classic Spinach Dip

By News Canada

Classic Spinach Dip

by: News Canada

1 pkg (300 g) frozen chopped spinach, thawed

1 can (10 oz/284 g) water chestnuts, drained and chopped

3 green onions, chopped

1 pkg Knorr Vegetable Soup Mix or Knorr Leek Soup Mix

2 cups (500 mL) sour cream

1 cup (250 mL) mayonnaise

1 round pumpernickel loaf

Recipe alternative: Broccoli Cheddar Dip.

– News Canada

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What Do I Do With All These Packets Of DIP Mix?

By Nicole Dean

What can I do with these other than make DIP?

Signed, Drowning in Dip

Dear Drowning in Dip,

Nicole Dean is a freelance writer and owner of

<http://www.ShowKidstheFun.com>

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to day cooking? Grab a free cookbook at

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