



SPINACH ARTICHOKE DIP

SERVINGS: 10-12 | PREP TIME: 10-15 MINS | COOK TIME: 15 MINS

- Lightly whisk Greek yogurt and heavy cream together with garlic, sea salt, and black pepper.
- Place remaining ingredients in a large mixing bowl, add yogurt mixture mix until thoroughly incorporated.
- Distribute mixture into 4-5 4" baking ramekins, cover the top of each ramekin mixture with freshly grated a bit of additional parmesan cheese and some crushed chili flakes.
- Bake at 375 for 15 minutes, or until mixture bubbles and cheese is browned.
- Serve with toasted parmesan bread, pita chips, or gourmet crackers.

INGREDIENTS

2 boxes of frozen organic spinach, defrosted and excess water squeezed out

1 cup artichoke hearts, drained and rough chopped (seasoned in oil are also good)

1 1/2 cups grated parmesan cheese

2 cloves of garlic, diced and smashed with the back of a fork

1/2 cup greek yogurt

1 cup heavy cream

2 tsp. sea salt

2 tsp. black pepper