

Dip

Spinach Artichoke Dip



Ready in **20 minutes**

Serves **6-8 (makes 4 cups)**

Ingredients

- 2 cups fresh spinach, wilted
- 2 cups marinated artichokes, drained and roughly chopped
- ½ cup sour cream
- ½ cup mayo
- ½ lemon juiced and zested
- ¼ small sweet onion chopped
- 2 large cloves of garlic
- Heaping ½ cup grated parmesan cheese
- Tabasco and ground pepper to taste

Preparation

1. Add all of the ingredients into a blender. Reserving most of the cheese to mix in the dip later.
2. Pulse blend for less than 10 seconds to desired consistency - chunky or smooth.
3. Put the mixture into a large bowl. Add cheese and mix well.
4. Taste. Add tabasco, salt and pepper if needed.
5. Serve with veggies and crackers.

Tips

For a creamier dip, replace mayo with 4 ounces of softened cream cheese.

Spiritual Message from this recipe

Just as the spinach is perfect without adding anything to the pan, so are we perfect without adding or needing anything more.