

Artichoke KETO Dip



Artichoke dip is a yummy low-carb accompaniment for seed crackers or kale chips.

- 1) Make this creamy dip by combining chopped, cooked, and drained spinach with warmed cream cheese.
- 2) Stir in parmesan cheese, artichoke hearts (chopped finely), salt, and pepper.
- 3) Bake the mixture in a 350-degree oven for 30 minutes and let cool slightly.

wannaliv.com