



Categories: Family Friendly. Keto. Low Carb. Gluten Free. Vegetarian.

## Spinach Artichoke Dip

Yield: 8 servings

Prep time: 15

Total time: 45

### Ingredients

Cream Cheese, 8 ounces, room temperature | 1 package

Mozzarella Cheese, shredded | ¼ cup

Parmesan Cheese, shredded | ½ cup

Mayonnaise, Primal Kitchen | ¼ cup

Garlic, finely minced | 1 clove

Basil, dry | ½ teaspoon

Artichoke Hearts, 14 ounces, drained, coarsely chopped | 1 jar

Chopped Spinach, frozen, thawed, and drained | ½ cup

Scallion, chopped | 1 large

*Tip: We recommend using organic dairy products.*

### Directions

1. Preheat oven to 350 degrees.
2. Mix together cheeses, mayonnaise, and seasonings.
3. Add chopped artichokes, spinach, and scallions.
4. Spread into a 9-inch pie pan.
5. Bake at 350 degrees for 30 minutes or until the top is slightly browned.

*Tip: Serve with vegetables such as carrots, cucumbers, zucchini, celery, or even Whisps Parmesan Cheese Crisps.*

### Macronutrient Breakdown, per serving

Calories 205.3 kcal | Fat 18.4 g | Total Carbohydrates 4.8 g | Dietary Fiber 2.1 g |

Net Carbohydrates 2.7 g | Protein 5.8 g