



## Spinach Artichoke DIP



### Ingredients

200g cut or chopped fresh spinach. In case frozen spinach used, then thaw

200g jar artichoke hearts, drained and roughly chopped

¼ cup sautéed onions

½ cup cream cheese

¾ cup sour cream

1 cup grated mozzarella cheese

1 clove of chopped garlic

½ tsp salt

¼ tsp black pepper

1 Lemon: cut into wedges (optional)

### Directions

Step 1. Heat oven to 200° C

Step 2. Squeeze the spinach between paper towels to remove excess moisture. In a medium bowl, combine the spinach, artichokes, sautéed onions, chopped garlic, cream cheese, sour cream, and Mozzarella. Season with the salt and pepper

Step 3. Scrape the mixture into a small oven-safe baking dish. Bake until lightly golden and heated through, about 15 minutes

Serve warm with the DIP Pita Chips or DIP Multigrain Strips and the lemon wedges