



Supplied By Sami K ~ Dispatch Manager ~ February 2024

Super Sami's Delicious Green Dip

The Fixins'

- 1/2 Cup of Plain Greek Yogurt
- 1/2 Cup of Mayo
- 1 Brick of Cream Cheese
- 1 Can of Artichoke Hearts (drained)
- 1/2 Bag (or more) of Fresh Spinach
- 1 head of garlic
- 1 Cup of Parmesan Cheese / reserve a sprinkle for the top
- Salt and Pepper to taste

The Method

Preheat oven to 350 degrees.

In a food processor or using a hand blender mix together the yogurt, mayo, and cream cheese until smooth, add garlic, artichoke hearts, spinach, and Parmesan cheese.

Bake for 30-45 mins until golden and bubbly.

Serve with sliced Baguette, Tortilla Chips or Veggies

Enjoy ❤️