

Hearty Keto Spinach Artichoke Dip with MCT Oil



Prep Time

10 minutes

Total Time

10 minutes

Servings

4

Allergens

Peanut-free, seafood-free, shellfish-free, soy-free, gluten-free

Required Equipment

Food processor



Nutrition

310 Calories

24g Fat

11g Protein

12g Net Carbs

Ingredients

- 1/2 cup Raw cashews, soaked for 1 hour and drained
- 3 tbsp Mayo
- 1 tbsp Natural Force Organic MCT Oil
- 1/4 cup Goat Cheese
- 2 cloves Garlic
- 8 oz Frozen spinach, thawed and drained
- 14 oz can Artichoke hearts, chopped and drained
- 2 Green onions, chopped
- 1/4 tsp Salt or to taste
- 1/4 tsp Pepper or to taste
- 1/4 cup Grated parmesan cheese
- Assorted vegetable slices like carrots, celery, and bell pepper

Instructions

1. In a blender or food processor, add drained cashews, mayo, MCT oil, goat cheese, and garlic. Add water as needed to blend into a smooth paste.
2. In a large bowl, mix spinach, artichoke hearts, green onions, salt, pepper, and parmesan cheese. Add cashew cheese mix and stir until evenly coated into a chunky dip.
3. Enjoy with vegetables like carrots, celery, and bell pepper.