



MYcoMune™ Hot Spinach Artichoke Dip

Prep Time: 10 min

Cook Time: 30 min - 2 hours

Total Time: 40 min - 2 hours, 10 min

The perfect low-fat, low-calorie, and gluten-free alternative to a favorite classic appetizer.

Great for Holiday gatherings or “just because”.

Ingredients

- 8 oz low-fat cream cheese softened and cubed
- 1 cup plain Greek yogurt
- 4 capsules MyPure™ MYcoMune™ 4X, powder from
- 1 (14 oz) can artichoke hearts, drained and chopped
- 10 oz bag of fresh baby spinach
- 2 green onions, sliced thin
- 4 cloves garlic, minced
- ½ cup grated Parmesan
- 1 cup shredded mozzarella
- Dash of hot sauce
- Dash of Worcestershire sauce
- Salt and pepper to taste

Directions

1. Add all of the ingredients to the bowl of a slow-cooker and toss briefly to combine.
2. Cover and cook on low for 2 hours or on high for 30 minutes - 1 hour, until the cheese is completely melted. Check the dip every 30 minutes or so to be sure that it does not accidentally overcook.
3. Stir the dip until evenly combined. Taste and season with salt and pepper as needed.
4. Serve hot with veggies, gluten-free crackers, or tortilla chips.