

# *Artichoke & Spinach Basic (Dip) Recipe*

## *Ingredients needed:*

### ★ **Artichoke & Spinach Dip Mix**

★ 1 cup sour cream

★ 1 cup mayonnaise (Do not use salad dressing such as Miracle Whip®, use real mayonnaise.)

★ 1/2 cup grated Parmesan cheese, *optional*

*You may use lowfat or nonfat products with this mix, although results may vary.*

## **Directions:**

Blend mayonnaise, sour cream and Parmesan cheese, if desired. Add entire packet of mix. Mix well. Chill minimum of 4 hours. Stir before serving. Serve with tortilla chips, crackers, pieces of bread (i.e., pumpernickel, toasted sourdough, Jewish Rye, etc.) or vegetables. Keep prepared dip refrigerated.

## **Variation:**

For a less “rich” dip, use 1-1/2 cups of sour cream and 1/2 cup of mayonnaise. Add entire packet of mix. Mix well. Chill minimum of 4 hours.



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