

## **Spinach Artichoke Dip**

### **Ingredients:**

1/2 cup cooked spinach  
1/2 cup chopped, canned artichoke hearts  
6 oz cream cheese  
1/4 cup sour cream  
1/4 cup freshly grated Parmesan cheese  
1/4 tsp dried red pepper flakes  
1/8 tsp salt  
1/4 tsp garlic powder

### **Instructions:**

Add all ingredients to a Magic Bullet cup and pulse a few times to chop the spinach and artichoke hearts, careful not to overblend to retain some texture.

Use a spoon to stir.

When ready to serve, microwave for 2 minutes to heat up.

Serve with a baguette or tortilla chips.