

# Spinach & Artichoke Dip

## INGREDIENTS

- 2 14 oz Artichoke hearts drained & chopped
- 1 10 oz Fresh Spinach chopped
- 1 Onion diced (used onion flakes)
- 1-2 Garlic Clove
- 1 ½ cups Parmesan Cheese
- 1 cup Mozzarella Cheese
- ¾ cup Milk
- ½ cup Mayo
- ½ tsp Black Pepper
- 8 oz. Cream Cheese
- 8 oz. Sour Cream

## METHOD

1. Mix together with mixer

---

2. Cook in crockpot on high for 2 hours

---

(Servings: --)