



## Spinach Dip

Yields 5 serving | Serving size: 1/4 cup  
Protein per serving: 0.8 g | Calories per serving: 217

### Ingredients:

- 3 TBSP Butter
- 2 TBSP Diced Raw Onions
- 2 clove(s) Garlic, minced
- 2 TBSP Cambrooke Alfredo Sauce Mix, dry
- 2 fl.oz. Daiya Cream Cheeze, Plain
- 1 1/4 c Rice milk
- 2 tsp Dried Parsley
- 1/4 tsp Salt
- 1/8 tsp Black Pepper
- 1 c Chopped Raw Spinach
- 4 1/2 oz. Just Like Mozzarella Shreds, Violife, divided
- 10 g Follow Your Heart Parmesan Style Shredded

### Directions:

1. Heat the butter in a medium sauce pan over medium heat. Add the onion and garlic and saute for 2 minutes, stirring frequently. Now add the garlic and saute for one additional minute. Stir in the Alfredo mix. It will thicken up. Add in the cream cheese and stir until melted and creamy.
2. Slowly add one cup of the rice milk, using a whisk to combine. Continue to cook over medium heat until the mixture begins to thicken. This could take a few minutes. If it thickens too much, add the remaining 1/4 cup of rice milk. Once it has thickened add in the parsley, salt, and pepper. Toss in the spinach and gently mix in. Add the 4oz mozzarella shreds and stir until melted and creamy.
3. Heat oven broiler on LOW. Pour dip into a broiler safe pan. Top with the additional mozzarella shreds and parmesan. Broil until top cheese has melted and browned. Be sure to keep an eye on it to prevent burning as it will not take long. Serve hot with choice of crackers, chips, or vegetables.

**Notes:** Add crushed red pepper for a little extra bite.

You can add canned artichoke hearts to the dip also. Adjust the protein as necessary