

Food Babe's Creamy Kale and Artichoke Dip



Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	45 mins	50 mins	8

<https://foodbabe.com/creamy-kale-and-artichoke-dip-with-homemade-chips>

Ingredients:

- 2 cups frozen artichoke hearts, thawed and chopped
- 4 cups curly kale, chopped
- 1 teaspoon garlic clove, minced
- $\frac{1}{8}$ teaspoon fresh nutmeg
- $\frac{1}{8}$ teaspoon cayenne pepper
- 1 teaspoon sea salt
- 1 teaspoon ground black pepper
- 1 cup sour cream
- 3 tablespoons mayonnaise
- 3 tablespoons raw parmesan cheese
- 1 tablespoon coconut oil, for greasing

Instructions:

1. Preheat oven to 375° F.
2. Grease medium sized baking dish with the coconut oil.
3. Combine all ingredients together in a large bowl and place into the greased baking dish.
4. Top with additional cheese if desired.
5. Bake for approximately 30-45 minutes covered.
6. Remove from oven, and let sit for at least 5 minutes before serving with homemade pita or tortilla chips.

Notes:

- Please choose all organic ingredients if possible.