



Crock Pot Spinach Artichoke Dip

- :Crock Pot, Dip
- :Serves 8
- :Prep 4 mins
- :Cook 2 hours
- :Total 2 hours 4 mins

Ingredients

- 9 oz frozen spinach, thawed and drained
- 1 (14 oz) can quartered artichoke hearts, drained
- 8 oz cream cheese – low fat works great
- $\frac{3}{4}$ cup shredded mozzarella cheese
- $\frac{1}{2}$ cup grated parmesan cheese
- pinch of cayenne pepper
- 1 Tablespoon of dried onion flakes
- $\frac{1}{4}$ cup milk
- pinch of pepper and salt

Instructions

1. Use can you a crock pot liner if you would like – but I did not and I had no problem cleaning my crock pot
2. Place all the ingredients into the crock pot and place lid on the crock pot and set to high
3. After one hour mix the ingredients together
4. Cook for 1 more hour – you can top with a little more Parmesan

Source: BudgetSavvyDiva.com