

# *Creamy Artichoke Dip*



*R & J Mazza*  
GLOBE ARTICHOKES

## **Ingredients**

250g artichoke hearts, (approx. 3 artichokes)  
1 clove garlic, roughly chopped,  
2 tablespoons light sour cream,  
100g Philadelphia cream cheese,  
2 tablespoons lemon juice,  
2 tablespoons parsley, roughly chopped,  
2 tablespoons extra virgin olive oil,  
Salt & cracked pepper to taste,

## **Method**

1. Put artichoke hearts, garlic, sour cream, cream cheese and lemon juice in a blender. Blend until smooth.
2. Add salt, cracked pepper, oil and parsley and blend further only until mixed well.
3. Serve with crackers or crusty bread.



**Note: If possible, this dip is best made a day before serving, as the flavours have time to fuse.**

