



Megan's Ultimate Crock Pot Spinach Dip

Recipe by: Megan Lumley

Ingredients:

- 300g frozen chopped spinach, thawed and drained OR fresh baby spinach chopped up
- 400g diced artichokes (usually one big can is enough, can use two smaller unico brand glass jars if needed)
- ½ to 1 cup of mozzarella cheese, shredded (measured from the heart)
- ½ to 1 cup of asiago cheese, shredded (measured from the heart)
- ½ cup parmesan cheese, shredded (measured from the heart)
- 250g (1 block) cream cheese
- 250ml sour cream
- ½ cup mayonnaise
- ¼ tsp garlic powder (or more to taste)
- 1 packet French onion soup mix
- Salt and pepper to taste
- Optional: splash to ¼ cup of milk or heavy cream
- Cooking spray or butter to prep the crock pot

Instructions:

1. Use some cooking spray or butter to grease the inside of the crock pot
2. Chop all ingredients and put all into crock pot, then give it a good mixing
3. For a quicker dip, cook the dip on HIGH for 2-hours, then leave on warm setting. Be sure to stir the dip regularly to ensure even cooking. For a slower dip, use the LOW setting for 4-6 hours. Stir regularly.

4. If using, add in milk or heavy cream. Add more cheese/salt/pepper to taste and texture as required.
5. Enjoy!