



## COLLAGEN-INFUSED SPINACH ARTICHOKE DIP

Collagen-Rich / Low Carb / Keto-Friendly

Recipe by Debbie (@deb.makes.lowcarb.delish) and

Featured on MariGoldFoods.com

*"Looking for a crowd-pleaser with a healthy twist? This collagen-infused spinach artichoke dip takes your favorite creamy appetizer to the next level!"*

- @deb.makes.lowcarb.delish

### INGREDIENTS:

- 10 oz fresh spinach, sautéed and drained
- 14 oz canned artichoke hearts, drained and roughly chopped
- 8 oz cream cheese, softened
- 1/2 cup sour cream
- 1 mayonnaise
- 1 cup shredded mozzarella cheese
- 1 cup shredded Parmesan cheese
- 2 scoops MariGold Unflavored Collagen Peptides
- 2 cloves garlic, minced
- 1/4 tsp red pepper flakes (optional, for a bit of heat)
- Salt, to taste

### DIRECTIONS

1. Preheat your oven to 375°F.
2. Squeeze as much liquid as possible out of the thawed spinach to prevent a watery dip.
3. In a large mixing bowl, combine cream cheese, sour cream, and mayonnaise. Mix until smooth. Stir in the unflavored collagen powder until fully incorporated. Add artichoke hearts, spinach, garlic, red pepper flakes (if using), the mozzarella, and the Parmesan. Season with salt to taste.
4. Transfer the mixture to a large deep baking dish (or a 9x13). Sprinkle with a bit more mozzarella and Parmesan on top.
5. Bake uncovered for 25-30 minutes or until bubbly and golden on top.
6. Let cool slightly before serving. Serve warm with low-carb crackers/chips, keto bread, vegetable sticks, or Parmesan crisps.



Featuring MariGold  
Grass-Fed Unflavored  
Collagen Peptides  
(MariGoldFoods.com)

