

FRESH ARTICHOKE DIP

Artichoke

Artichoke stimulates the flow of bile from the liver, helping to relieve symptoms of heartburn & alcohol hangover. Artichoke also helps to lower 'bad' LDL cholesterol & increase 'good' HDL cholesterol.



Cashew Cream Cheese

Cashew Cream Cheese is an excellent choice for anyone who is lactose intolerant; it contains healthy probiotics, which are associated with improved digestive health. Cashew cream cheese is also very low in saturated fat.

Lemon

The pulp, rind, & juice in lemons are rich in vitamins that stimulate immunity & reduce disease risk. Lemons also contain high dietary fiber levels, decreasing risk factors for heart disease by lowering LDL or bad cholesterol.



Goat Cheese

Goat Cheese fights inflammation & contributes to a healthy gut. It also has lower allergenic properties than cow's milk & is much lower in sodium.

Garlic

Garlic can enhance the production of serotonin, a brain chemical responsible for signal transmission & mood regulation. Raw garlic also contains allicin, which is believed to have antibacterial & anti-fungal properties.



Red Chili Flakes

Red Pepper Flakes give relief from digestive issues, pain, & inflammation. Antioxidants such as Vitamin C & carotenoids found in crushed red pepper can also help lower blood sugar levels.

Kombu Seaweed

Kombu is very high in iodine, a critical component of thyroid hormones & also crucial in brain development. It is also known for reducing blood cholesterol & hypertension.



Parsley

Parsley is an excellent source of Vitamin K, a nutrient that supports bone & heart health. Additionally, parsley is packed with Vitamin C, a nutrient that improves heart health & is vital to your immune system

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Instructions

- Clean & trim the **artichoke** stem.
- Bring a large pot of water to a slow boil on medium-high heat (fill water to cover the artichoke over halfway)
- Add 1 piece of **kombu** into the pot of water.
- Cut 2 slices of **lemon** & place them in the pot of water (strain the rest of the lemon's juice into the same pot)
- Add ¼ tsp of **pepper** to the pot
- Add 1 tsp of **Himalayan pink salt** to the pot
- Add the **artichoke** to the pot of water & boil on medium-high heat for 20 *minutes*, on one side
- In a small-medium size bowl, add:
 - ½ cup of (soy-free) **vegenaise**
 - ½ cup of (plain) **cream cheese**
 - 1 tbsp of **spicy brown mustard**
 - 1 tbsp (Himalayan pink salt) **ghee butter**
 - ½ cup of **goat cheese**
 - ¼ tsp of **red chili flakes**
 - ½ tbsp of **thyme**
 - ½ tbsp of **parsley**
- Mix all ingredients with an immersion blender until creamy
- Flip & boil the **artichoke** on the other side for 15 *minutes* (the artichoke is cooked when you can puncture the stem with a fork & it smoothly glides through)
- Slice 2 thin-medium slices of **yellow onion** & chop into smaller, square pieces
- Mince 6 cloves of **garlic**
- In a separate, small-medium size pan, melt ½ tbsp of **ghee butter**
- Once butter is melted, add & saute the chopped **onions** on medium heat until golden/caramelized brown.
- Add ½ tsp of **garlic powder** to the onions & continue to stir until the onions reach their desired color.
- Once cooked, combine onions into the bowl mixture & stir
- When 3 *minutes* of cooking time remains for the artichoke, add the 6 cloves of minced **garlic** to the pot & continue to boil on medium-high heat.
- Using tongs, pick the artichoke up & allow the water to drain from inside, then place it on a plate.
- Scoop the dip into small bowls & serve *immediately!*

There are many different ways to cook & eat an artichoke, but check out this video on how I prepare to eat an artichoke!

Recipe

- **Fresh Artichoke** - 1
- **Lemon** - 1
- **Yellow Onion** - ¼
- **Garlic Cloves** - 6 whole
- **Emerald Cove: Dried Kombu Seaweed** - 1 piece
- **4th & Heart: Himalayan Pink Salt Ghee Butter** - 1 ½ tbsp
- **Primal Kitchen: Spicy Brown Mustard** - 1 tbsp
- **Follow Your Heart: (Soy-Free) Vegenaïse** - ½ cup
- **Miyoko's: (Plain) Cream Cheese** - ½ cup
- **Goat Cheese** - ½ cup
- **Red Chili Flakes** - ¼ tsp
- **Himalayan Pink Salt** - 1 tsp
- **Ground Black Pepper** - ¼ tsp
- **Thyme** - ½ tbsp
- **Parsley** - ½ tbsp
- **Garlic Powder** - ½ tsp

Substitutions

- I used Miyoko's: (Plain) OR (Savory Scallion) Cream Cheese for this recipe. This cream cheese has a base of water, nuts, & a few other yummy ingredients & is also lactose, soy, & gluten-free! If you decide to use a dairy version of cream cheese, double-check the ingredient label for pasteurized or goat's milk. Whichever you use, *a good rule of thumb is to look for products typically with five ingredients or less, or if you can't say or spell the ingredient listed on the label, you probably shouldn't be putting it into your body!*
- I used Emerald Cove: Pacific Kombu for this recipe from Thrive Market; with just one ingredient: Sundried Pacific Kombu! Although there are many places you may find other brands, you should always double-check the ingredient label! *A good rule of thumb is to look for products typically with five ingredients or less, or if you can't say or spell the ingredient listed on the label, you probably shouldn't be putting it into your body!*
- For this recipe, I use 4th & Heart: Himalayan Pink Salt Ghee Butter from Thrive Market. Thrive Market has a variety of healthy alternatives. I order a bulk of seasonings, dressings, snacks, & other healthy options; they also have a membership that helps save money on each item by providing them at discounted prices! The best part? It's delivered right to your door! If you decide to use a different butter, I recommend looking for a clarified or dairy-free version. *A good rule of thumb is to look for products typically with five ingredients or less, or if you can't say or spell the ingredient listed on the label, you probably shouldn't be putting it into your body!*
- For this recipe, I use Primal Kitchen: Organic Spicy Brown Mustard which has only five ingredients! This sauce is an excellent option for a variety of uses, including air-fried chicken tenders, fries, or as a combination with other ingredients to create your favorite dishes! However, if you choose another product, please make sure you check the ingredient label! *A good rule of thumb is to look for products typically with five ingredients or less, or if you can't say or spell the ingredient listed on the label, you probably shouldn't be putting it into your body!*
- There are a few different mayonnaises that I jump around to, but for this recipe, I used Follow Your Heart: Veganaise because it's dairy & soy-free! Another alternative is Primal Kitchen: Avocado-Mayo, which is also dairy, gluten & soy-free! I've learned to listen to my body on days I feel like I need to eliminate dairy or gluten & switch between different 'mayos'! However, if you use another "mayo" of your choosing, please read the ingredients: *Again, a good rule of thumb is to look for products typically with five ingredients or less, or if you can't say or spell the ingredient listed on the label, you probably shouldn't be putting it into your body!*