

# Artichoke Dip

## **Ingredients:**

4-6 Cloves    Garlic, roasted  
1 can         Artichoke hearts, drained (keep liquid)  
125g         Ricotta Cheese  
1 Tbsp        Parsley, chopped  
30ml         Olive Oil  
To taste     Seasoning



## **Directions:**

In a blender, mix olive oil and roast garlic (blend), add ricotta cheese (blend), add artichoke and blend till as smooth or chunky as desired, if a little firm, add some of the brine from the artichokes, season, add parsley, combine with spoon.