

# Creamy Artichoke and Kale Dip

Remove kale stems & thinly chop. Saute kale in a large fry pan or wok in olive oil over medium heat until tender.

Drain artichokes and roughly chop. Set one aside. Add garlic and artichoke to the kale, mix well. Remove from heat and put into a large bowl. Puree the avocado, 1 artichoke, lemon juice, garlic powder, and 2 tablespoons water in a high powered blender (my nutra bullet worked very well). Spoon the creamy sauce over the kale mixture and combine well.

Salt and pepper to taste. Serve as a dip for veggies, or homemade sweet potato chips. It is also delicious on baked chicken breast. Tastes great both warm, room temp or chilled. For a cheesier taste, add nutritional yeast flakes and enjoy warm.

I have also used a 10 ounce package of chopped frozen kale, pick through to remove the tough stem pieces

I love a classic spinach and artichoke dip, but the cheese and chips tend to leave me feeling Blah! For a healthy twist, try this tasty recipe from [whole30/recipes](http://whole30.com/recipes). Whether you are joining Lara for her 21 Days vegan, participating in a whole30 or just eating clean, this recipe fits the bill.

Bring a bowl to your next soirée or enjoy it all to yourself! Delish!