

Spinach & Artichoke Dip

- 1/4 cup tahini
- Juice & zest of 2 lemons
- ½ tsp cumin
- 1 garlic clove, finely chopped
- Salt & pepper to taste
- 1 ½ cup jarred artichokes drained and chopped
- 1/4 cup freshly grated Parmesan cheese
- 2 tbsp chopped parsley

Preparation

- Place all ingredients in a food processor, pulse until thoroughly combined with a creamy texture, season with salt & pepper to taste