

Hot Artichoke Asiago Dip Recipe

Serves 8 - 10

Ingredients:

- 1 16-oz bag frozen artichoke hearts or 1 can, chopped
- 1 cup shredded asiago cheese
- 1 teaspoon hot sauce (I like to use Tabasco)
- 3 garlic cloves minced
- 1/2 cup mayonnaise (olive or avocado oil)
- 1/2 cup sour cream
- 4 ounces cream cheese softened
- 1/2 Tablespoon smoked paprika

Instructions:

1. Preheat the oven to 350 degrees.
2. In a medium bowl, blend together the artichoke hearts, cheese, hot sauce, garlic, mayonnaise, sour cream and cream cheese until thoroughly combined.
3. Spread the mixture evenly in a small baking dish and sprinkle with the paprika.
4. Bake for 20 - 25 minutes until golden brown and bubbling.
5. Serve immediately with low carb snacks or crackers.

Warm Bacon Cheddar Dip

Serves 8

Ingredients:

1 8 ounce block cream cheese softened to room temp
1 tsp chili powder
1/2 tsp salt
1/2 tsp pepper
1 cup salsa
1 small tomato diced
1/4 cup sliced black olives drained well
1 cup shredded Mexican style cheese blend
1 cup cooked and crumbled bacon
sliced green onions for topping

Instructions:

1. Preheat oven to 350 F degrees.
2. In a large bowl, beat together cream cheese, chili powder, salt, pepper and salsa.
3. Spread mixture into an ungreased 9-inch pie pan.
4. top with tomatoes, sliced black olives, shredded cheese and crumbled bacon.
5. At this point you can dig in with some tortilla chips or bake in preheated oven for about 10 - 15 minutes until warmed through.

Peanut Butter Chocolate Keto Bars

Serves: 8

Ingredients:

For the Bars

3/4 cup almond flour

4 oz butter

1/4 cup Swerve Icing sugar style

1/2 cup peanut butter

1/2 tsp Vanilla

For the topping

1/2 cup sugar-free chocolate chips

Instructions:

1. Mix all the ingredients for the bars together and spread into a small 6-inch pan.
2. Melt the chocolate chips in a microwave oven for 30 seconds and stir.
3. Add another 10 seconds if needed to melt fully.
4. Spread the topping on top of the bars.
5. Refrigerate for at least an hour or two until the bars thicken and harden. These bars definitely improve with keeping, so don't rush to eat them!

Notes: I use 1/4 cup of coconut flour in place of the almond flour. You can use any low calorie sweetener of your choice. I use 1 Tablespoon of coconut oil with the chocolate chips when melting.