

Sun-Dried Tomato Spinach Artichoke Pull-Apart Rolls

THM-Friendly: S

Preheat the oven to 375. Melt together in the microwave:

- 8 oz. light cream cheese
- 2 and 1/4 cups shredded mozzarella cheese

Add in:

- 1 and 1/4 cups almond flour
- 2 Tbsp. baking powder
- 3 large eggs, beaten

Mix well while the cheese is hot. If it is too sticky to handle, add a little extra almond flour. Divide the dough into eight parts and shape into balls. If the dough is too sticky, you can add up to 2 Tbsp. of almond flour. Place around the outside edge of an oven-safe skillet in a circle. (If you do not have an oven-safe skillet, you can use a deep dish pie pan or an 8x8: baking dish.) Set aside.

Mix together until smooth:

- 4 oz. light cream cheese, softened
- 1 - 7 oz. can of artichoke hearts, chopped and drained
- 1/2 cup shredded mozzarella cheese
- 3 Tbsp. Parmesan cheese
- 3 Tbsp. nutritional yeast
- 1/4 cup sour cream (or mayonnaise or Greek yogurt)
- 1 and 1/2 cups fresh spinach, finely chopped
- 1 tsp. minced garlic
- 5 sun-dried tomatoes, finely chopped
- 1/4 tsp. mineral salt
- 1/8 tsp. pepper

Fill the center of the pan with the dip mixture. Put the pan into the oven and bake for 17-20 minutes or until the rolls are cooked through and the dip is bubbly and brown.



enJOY!

