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Artichoke and Dipping Sauce

Ingredients:

2 artichokes (cut stem and top of leaves)
3 hard-boiled eggs
2 tbsp finely diced green onions
2 tbsp white vinegar
1 tsp mustard
1 tsp olive oil
3 tbsp of purified water
Sea salt and freshly ground black pepper to taste

Directions:

1. Place artichoke in a large, water-filled pot and place over medium heat.
2. Bring water to a boil and let it cook for 45 minutes.
3. While artichokes are cooking, separate yolks from egg whites, smash yolks with fork and finely chop the whites.
4. Place in a bowl and combine with the rest of the ingredients.
5. Mix well, add purified water, and mix again.
6. Once artichokes are done, let them cool and serve with dipping sauce.