



Keto Creamed Spinach

Spinach is an awesome Keto side dish - and we have been looking for new ways to prepare it. We love spinach smoothies, side salads, and sauteed in butter and garlic. Upping the game to creamed spinach adds in some healthy fats and is delicious!

Spinach is an awesome nutrient rich veggie, which makes it perfect to pair with your Keto Lifestyle. Make this alongside your next air fried Chicken Drumsticks, steak on the grill, or bunless burger!

Recipe:

8 C Fresh Spinach
2 oz Cream Cheese
¼ C Heavy Whipping Cream
2 tsp Minced Garlic
1 T Butter
Parmesan (optional)

Saute the garlic and butter, add in spinach, cream cheese and heavy cream!

Cook down and enjoy!



The Keto Dad Tips and Tricks:

- The spinach really cooks down - don't be afraid to fill up your pan and then add more!
- Feel free to vary the spices based on the meal you're making.

Serves: 2

Calories: 220, Fat: 19g, Carbs: 5g, Fiber: 2g (Net Carbs 3) Protein: 6g

SimpleFunKeto.com

Facebook: The Keto Dad Instagram: @theketodadlife YouTube: The Keto Dad