

Artichoke with Dipping Sauce



Ingredients

1 artichoke
Juice of ½ lemon
½ cup of your favorite mustard
2 tablespoons apple cider vinegar
2 tablespoons tamari soy sauce
2 tablespoons honey

Directions

1. Bring 2 inches of water to a boil
2. Wash artichoke and cut about ½ from the top and bottom
3. Squeeze lemon over artichoke and place in boiling water
4. Cover and boil for 25 minutes, until leaves pull off easily
5. To make dipping sauce; while the artichoke is boiling whisk together mustard, apple cider vinegar, tamari soy sauce and honey
6. Remove artichoke and strain the water out
7. To eat, pull off a leaf, dip in the sauce and pull meat off with your teeth