



Dairyfree Spinach Artichoke Dip

8 servings
30 minutes

Ingredients

- 1 1/2 cups Cashews
- 3 Garlic (cloves)
- 1/4 cup Yellow Onion (chopped)
- 5 cups Baby Spinach
- 1 can Artichoke Hearts
- 1/2 cup Vegan Mayonnaise
- 2 tbsps Lemon Juice
- 2 tbsps Nutritional Yeast
- 1 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	253
Fat	22g
Saturated	3g
Carbs	12g
Fiber	2g
Sugar	1g
Protein	6g
Cholesterol	0mg
Sodium	130mg

Directions

- 1 Cover cashews with water in a bowl and soak overnight. Then drain them before using.
- 2 Lightly spray a non-stick pan and saute the finely chopped onion and garlic for 3-4 minutes, then add chopped spinach and saute for another couple minutes until it's wilted.
- 3 Drain the artichokes, chop them to desired size (I like bite-sized pieces, about a cm each), and add to the spinach mix. Remove from stove.
- 4 In a blender, combine the drained cashews and all other ingredients, except the spinach and artichoke mix. Blend until smooth, adding a small amount of water (up to 1 tbsp) if needed for desired creaminess.
- 5 Remove from the blender and add to the spinach and artichoke mix, stir together. Bake at 400 degree oven for about 15-20 minutes until it's warmed all through.

Notes

Eat it cold: You can also enjoy this dip cold, no need to heat it in the oven if you can't wait to dive in!

Serving size: Total recipe makes approx. 4 cups of dip, nutritional value shown is for 1/2 cup serving size.

What is Veganiase?: Veganiase is an egg-free alternative mayonnaise. It's healthy, tasty, and comes in many different options such as soy-free or grapeseed oil. You can find it at most regular grocery stores.