



Artichoke Spinach Dip

SERVINGS: 10

PREPPING TIME: 10 MINS

COOKING TIME: 20 MINS

INGREDIENTS

- 1 tbsp. olive oil
- 1.5 cups raw cashews
- 3 cloves garlic
- 1 small onion, diced
- 1.5 cups unsweetened oat milk
- 1/4 cup nutritional yeast
- 1 small lemon, juiced
- 1/2 tsp. sea salt
- 4 cups loosely packed baby spinach
- 2 14-oz. cans artichokes, drained

DIRECTIONS

1. Preheat the oven to 425°F.
2. Soak the cashews in 3 cups boiling water for 5 minutes or overnight in room-temperature water.
3. In a small pan, saute the garlic and onion for 3 minutes until translucent.
4. In a blender, add the soaked and drained cashews, unsweetened oat milk, nutritional yeast, lemon juice, and salt. Blend until very smooth.
5. Next add the cooked onions, garlic, spinach, and artichokes. Pulse a few times but do not blend as you want to a chunky texture. Taste and add more salt if needed.
6. Transfer to a baking dish and bake for 15-20 minutes until golden brown on top.

NUTRITION

Serving size: 1/2 cup
(per serving) 195.2 calories, 10.3g fat, 1.7g saturated fat, 0mg cholesterol,
289.4mg sodium, 21g carbohydrate, 6.6g fiber, 3.3g sugar, 8g protein