

Vegan Spinach & Artichoke Dip Recipe



PREP TIME:
10 MINUTES

COOK TIME:
45 MINUTES

TOTAL TIME:
55 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 12 Servings

Ingredients:

- ¾ Cup Raw Cashews
- 3 TBSP Nutritional Yeast
- ¾ Teaspoon Sea Salt
- ¾ Teaspoon Garlic Powder
- 2 TBSP Olive Oil
- 2 Small Red Onions – Chopped
- Black Pepper to Taste
- ¼ Teaspoon Cayenne Pepper
- 4 Garlic Cloves Minced
- 8 oz. Dairy-Free Cream Cheese – Recommend Miyoko's
- ½ Cup Mayonnaise – Avocado Based
- 1/8 Teaspoon Sea Salt
- 12 oz. Can or Jar of Artichoke Hearts, Drained & Chopped
- 6 oz. Fresh Organic Baby Spinach - Chopped

Instructions:

1. Preheat oven to 400 degrees F. Spray a 9 X 13 pan with coconut or olive oil (can use a round or oval as well). Set aside.
2. Warm up large sauté pan to medium heat.
3. Add 1 TBSP olive oil, onion, ¾ teaspoon salt, and cayenne pepper. Stir & allow to cook-down, soften 10 minutes until caramelized.
4. In the meantime, in a small food processor add cashews, nutritional yeast, sea salt, & garlic powder. Blend until becomes powder like. Set aside.
5. Once onions are caramelized, add minced garlic. Reduce heat to low & cook 1 more minute.
6. Next add the cream cheese and mayo to pan and stir until melted and combined.
7. Add ¾ cup of the cashew blend, 1/8 teaspoon sea salt to pan and stir.

8. Add the artichoke hearts and spinach. Stir until combined.
9. Pour contents into prepped baking dish.
10. Sprinkle the top with ½ cup of the cashew mixture.
11. Bake uncovered for 20-25 minutes, until starts to turn golden & bubbling.
12. **Note:** *Pick your favorite veggies to serve with this dip. Grain free chips or gluten free crackers.*
13. **Will Stay Good Refrigerated up to 5 days.**

***Try and use all organic ingredients if possible.**

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