

Recipe Name **Dairy Free Spinach and Artichoke Dip**

Ingredients:

2 cups raw cashews, soaked overnight (a minimum of 2 hours)

5 teaspoons nutritional yeast

1/2 cup full fat coconut milk, plus extra to bring it to the right consistency

1 Tablespoon fresh lemon juice

2 Tablespoons minced garlic

2 teaspoons garlic powder

1 teaspoon onion powder

1 15 oz. can of artichoke hearts, drained

1 box frozen spinach, thawed and thoroughly drained

kosher salt and pepper to taste

Directions:

1. Soak cashews in a bowl completely covered with water over night in the refrigerator, drain before using.
2. Canned coconut milk should be placed in warm water for about 10 min. before using so that the water and cream will combine, shake before using.
3. In a food processor, blend soaked cashews, nutritional yeast, coconut milk, lemon juice, minced garlic, garlic powder and onion powder until smooth.
4. Add extra coconut milk, one tablespoon at a time, as needed to bring it to the right consistency.
5. Add artichoke hearts and spinach, pulsing several times until they are chopped and incorporated, should still be chunky.
6. Add salt and pepper. Pulse to combine and repeat as necessary to taste.