

spinach and artichoke dip

from simple-veganista.com

Super easy and really good!

ingredients

1.5 cups raw cashews
3 Tablespoons nutritional yeast or 1 Tablespoon white miso
1 teaspoon garlic powder or 2 garlic cloves, minced
1 teaspoon mineral salt
fresh cracked pepper, to taste
juice of 1 small lemon
1.5 cups unsweetened plant-based milk (oat or almond are best)
10 – 14 oz. spinach, frozen and thawed, or fresh
1 can (14 oz.) artichoke hearts in brine, drained and chopped

instructions

1. Preheat oven to 400 degrees F.
2. Put the cashews in a bowl and cover with 1 inch of very hot water for 10 minutes to help soften them up so they blend ultra creamy. If you have nut sensitivities, soak the cashews in cool water for 2 – 3 hours to aid in digestion.
3. Dice the artichoke hearts
4. Prepare the spinach. If using thawed frozen spinach, squeeze the excess water before using. From fresh, steam the spinach first, give a rough chop, and squeeze out any excess water.
5. Drain the cashews and put them into the bowl of a food processor. Add the nutritional yeast, garlic powder, lemon juice, salt and pepper, and plant-based milk and process until nice and smooth, about 3 minutes or so. Taste for flavor, adding more salt and pepper as needed.
6. In a small or medium sized baking dish, add the spinach and artichoke hearts, pour the cashew cheese ovetop and mix to combine. Wipe along the rim of the baking dish before baking for clean finish if you like.
7. Cover and bake for 10 minutes at 400F, then remove the cover and bake another 10 minutes.
8. Serve warm or at room temperature. Delicious scooped up with a sliced baguette, pita chips, rice crackers or fresh vegetable sticks.

NOTES:

Make ahead: Make the recipe as directed, without baking, and place it the refrigerator for 1 – 2 days until ready to bake.