



Artichoke Spinach Dip

This recipe is simply delicious! We've made it for lunch, dinner and served as an hors d'oeuvre. We've only made it by doubling the recipe as it's that good...we want leftovers! You can still use an 8 x 8 pan although it will be full. Can be eaten right out the refrigerator or warmed-up and served! Plus, look at those ingredients; only nutrition for our bodies! You can make this with only artichokes or only spinach...double the amount of one ingredient and leave out the other.

Ingredients

- 1 cup raw cashews soaked in hot water for 10 minutes
- 1/2 cup water
- 3 cloves garlic
- Juice of 1/2 lemon
- 9-ounce bag frozen spinach, thawed and drained
- 1-14 ounce can artichoke hearts drained and chopped
- 1/2 cup nutritional yeast
- Salt and pepper to taste

Instructions

- Preheat oven to 350F.
- Combine cashews, water, garlic, and lemon juice in your blender and puree until very smooth.
- In an 8 x 8" oven-safe dish, fold spinach, artichokes, and nutritional yeast into the cashew cream. Season with salt and pepper.
- Bake the dip uncovered on the top oven rack, for 20-30 minutes until a nice crust forms on top.

Source Website: [Glue & Glitter, Healthy-ish Vegan Recipes](#)