

# Spinach Artichoke Dip



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE

## Ingredients

- 3/4 cup raw cashews
- 3/4 cup milk or plain unsweetened non-dairy milk (use non-dairy to keep it vegan and dairy-free)
- 2 1/2 tablespoons freshly squeezed lemon juice
- 1-2 medium-large cloves garlic, or to taste
- 1 teaspoon sea salt
- 1/2 teaspoon dry mustard
- Black pepper to taste
- 2 cups artichoke hearts, partially thawed if frozen
- 2 cups spinach, loosely packed

## Directions

1. Preheat oven to 425°F.
2. In a food processor or blender, first add cashews, milk, lemon juice, garlic, salt, dry mustard, and pepper. Blend until very smooth, 1-3 minutes.
3. Add artichokes and spinach and pulse, leaving some chunks.
4. Transfer to a shallow baking dish, and bake for 20-30 minutes until light golden brown on top.

## Notes

Reduce oven temperature by 25°F when using glass bakeware.

Recipe from Cook Well Berkeley: Potlucks, Parties, & Picnics, Spring 2015