

## Spinach and Artichoke Dip

Serves 4

### Ingredients

- 1 large handfuls of fresh spinach or 2 cups frozen spinach\*
- 6.75 ounce can artichoke hearts in water, not marinated
- ½ cup raw cashews
- 1 cup water
- ¼ cup nutritional yeast
- ¼ cup tapioca starch
- 1.5 cloves garlic peeled
- ½ tablespoon white vinegar
- ½ tsp sea salt
- ⅓ cup plain unsweetened cashew milk or plant milk of choice
- ½ tsp cayenne pepper (optional)



### *Optional Topping:*

Low fat parmesan cheese (grated or shredded)

### Directions

1. Drain and rinse artichokes, thinly slice them, and set them aside.
2. Add all the ingredients EXCEPT the artichoke and spinach to a high-speed blender. Process until smooth, it will be very liquidy but it will thicken when it cooks.
3. Pour the mixture into a broil and oven-safe skillet.
4. Add the sliced artichoke and spinach to the pan. Cook over medium heat, stirring often, for about 5 minutes until thick and bubbly.
5. Taste and adjust seasoning.
6. Set the oven to broil on high.
7. If using, lightly sprinkle the dip with parmesan cheese.
8. Broil for 2-5 minutes until golden brown and bubbly on top. Watch carefully to prevent burning. Remove from the oven.



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