

Spinach & Artichoke Dip



TOTAL TIME

30 mins



COURSE

Appetizer, Dinner, Gluten Free, Lunch, Side
Dish, Snack



SERVINGS

16 servings

CALORIES

142 kcal

EQUIPMENT

- large mixing bowl
- vitamix blender
- 9"x13" pan

INGREDIENTS

- 2 lb frozen spinach thawed & drained
- 4 cans artichoke hearts drained & chopped
- 8 oz Follow Your Heart shredded vegan parmesan optional, but included in recipe macros

Sauce

- 1 c raw cashews can soak cashews in water if your blender isn't super powerful
- 24 oz firm tofu (1.5 packages)
- juice of 1-2 lemons
- 2 tsp salt
- 2 tsp garlic powder
- 1 c nutritional yeast

- 1 c soy milk or as needed

INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Drain excess water from spinach with a cheesecloth, or squeeze it with your hands.
3. Combine chopped artichoke hearts, spinach, & vegan parmesan in a large mixing bowl and set aside.
4. Add cashews, tofu, lemon juice, salt, & garlic powder to blender.
5. Add soy milk in small amounts while blending, just until desired texture is achieved. The total amount will likely be less than 1c (230g).
6. Pour the blended sauce over parmesan, spinach & artichokes and mix with a spoon.
7. Spread into 9"x13" pan and level with spoon. Cover with foil.
8. Bake at 350 degrees for 20 minutes.

NUTRITION

Nutrition Facts

Spinach & Artichoke Dip

Amount Per Serving

Calories	142	Calories from Fat	63
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		% Daily Value*	
Fat	7g	11%	
Carbohydrates	10g	3%	
Protein	9.2g	18%	

* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

dip

Tried this recipe?

Let us know how it was!