

VEGAN SPINACH AND ARTICHOKE DIP^o



SERVES: 8 (approx. ¼ cup each) Prep Time: 10 min. Cooking Time: 6 min..

CONTAINER EQUIVALENTS (per serving): 1 ½



Going into this recipe, we were skeptical about whether or not we could make an artichoke dip that was not only Fix-approved but also vegan, since the original is all mayo, and cheese. But, using avocado to mimic the creaminess of cream cheese and mayo and nutritional yeast to give it that cheesy kick, this recipe has all the yum factor without the guilt! And, with just two simple steps, it couldn't be easier to prepare!

	Hot water
1 (15-oz.) can	artichoke hearts, packed in water, drained
3 packed cups	raw spinach
1	medium ripe avocado
2 Tbsp.	fresh lemon juice
⅓ cup	nutritional yeast
1 clove	garlic
½ tsp.	sea salt (or Himalayan salt)
¼ tsp.	ground black pepper
½ tsp.	onion powder

1. Bring medium saucepan of water to a boil over high heat.
2. Add artichoke hearts and spinach; cook for 1 minute. Remove from heat and drain well.
3. Place artichoke mixture in food processor. Add avocado, lemon juice, yeast, garlic, salt, pepper, and onion powder; process until smooth.

RECIPE NOTE:

You can substitute 1½ cups frozen artichoke hearts for canned.

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): Calories: 77 Total Fat: 4 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 192 mg Carbohydrates: 9 g Fiber: 5 g Sugars: 1 g Protein: 4 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

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