



Spinach Artichoke Dip



prep time
15 minutes



total time
40 minutes



servings
12

Ingredients

Sauce:

- 1 1/2 cups/225 grams cashews soaked in hot water for 1-2 hours*
~ 7 fat servings
- 3 Tbsp fresh lemon juice about 2 lemons
- 2/3 cup warm water or plain unsweetened almond milk
- 1/3 cup avocado oil or light flavored olive oil ~ 5 fat servings
- 1/4 cup nutritional yeast
~ 1 protein serving, 1/2 carb serving
- 1 1/2 tsp onion powder
- 1 1/2 tsp garlic powder
- 1 1/4 tsp sea salt
- 1/4 tsp black pepper

Spinach Artichoke mixture:

- 2 tbsp avocado oil or olive oil
~ 2 fat servings
- 1 med yellow onion chopped
~ 1 veggie serving
- 4-5 cloves garlic minced
- 10-12 oz/300-360 grams fresh baby spinach roughly chopped
~ 3-4 veggie servings
- 14 oz/420 grams can organic artichoke hearts drained well and roughly chopped ~ 7.5 veggie servings
- Sea Salt and black pepper to taste

simple appetizer

Instructions

Make the sauce:

- 1 In a high speed blender add all sauce ingredients and blend until smooth and creamy, set aside.

Make the spinach artichoke mixture:

- 1 Preheat your oven to 350 degrees and spray a 2 qt. Casserole dish (about 8 x 8 square) with avocado oil spray.
- 2 Heat a large skillet over medium heat and add the avocado oil. Once hot, add the onions and sprinkle with salt. Cook, stirring occasionally, for 3-5 minutes or until soft and fragrant. Add the garlic and cook another minute. Add the spinach in batches to allow it to wilt slightly, then add the artichoke hearts. Cook another 3 minutes, stirring occasionally, then sprinkle with sea salt and black pepper.



- 3 Remove from heat, and add all the sauce to the spinach artichoke mixture, scraping the blender to get it all in. Mix well, then transfer to the prepared casserole dish. Smooth the top, then bake in the preheated oven for 10-15 minutes or until heated through. Serve hot, with your choice of veggies, crackers, etc.

Whole Recipe Breakdown:

1 Serving Protein
1/2 Serving Carb
14 Servings Fat
11 1/2-12 1/2 Servings Veggies