

The Best & Easiest Vegan Spinach Artichoke Dip

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Servings: 10

Ingredients

- 1 1/2 cups raw cashews
- 4 cloves garlic
- 1 small onion, diced
- 1 1/2 cups unsweetened non-dairy milk
- 1/4 cup nutritional yeast
- 1 small lemon, juiced (2 tablespoons)
- 1-1 1/2 teaspoons salt
- 4 cups loosely packed fresh spinach
- (2) 14-ounce cans artichokes drained & rinsed
- Optional: Vegan Parmesan Cheese for serving

Steps

1. Preheat the oven to 425 degrees F.
2. Soak the cashews: Heat up about 3 cups of water in a tea kettle or small pot. Pour the boiling hot water over the cashews and let them soak for 5 minutes. Drain them when ready to blend.
3. In a small pan, saute the garlic and onion for 2-3 minutes using either a tablespoon of olive oil or water, until the onion is slightly translucent. Set aside.
4. In a high powered blender such as a Vitamix, add the soaked, drained cashews, unsweetened milk, nutritional yeast, lemon juice, and 1 teaspoon salt. Blend until very smooth.
5. Now add the cooked onions/garlic, spinach and artichokes. Pulse a couple of times, but do not blend. You want to leave quite a bit of chunky texture! Taste for salt, add more to taste.
6. Transfer to an oven safe dish (I used a 9 inch pie dish) and bake for 20 minutes or so until warm, bubbly and golden brown on top.
7. Sprinkle with vegan parmesan , if desired and serve with a sliced baguette, pita chips, tortilla chips or vegetable sticks. Enjoy!