



Ingredients

1 cup raw cashews

1 cup plain, unsweetened plant milk (oat milk, almond milk, etc.)

2 garlic cloves, roughly chopped

2 TBSP fresh lemon juice

2 tsp Dijon mustard

1 (10 oz bag frozen spinach, defrosted & squeezed very dry)

1 (14 oz) can artichoke hearts in water, drained, rinsed & roughly chopped

Vegan Spinach Artichoke Dip

November 2020
(from Lisa Hunter)



1 (8 oz) can diced water chestnuts, drained & rinsed (optional)

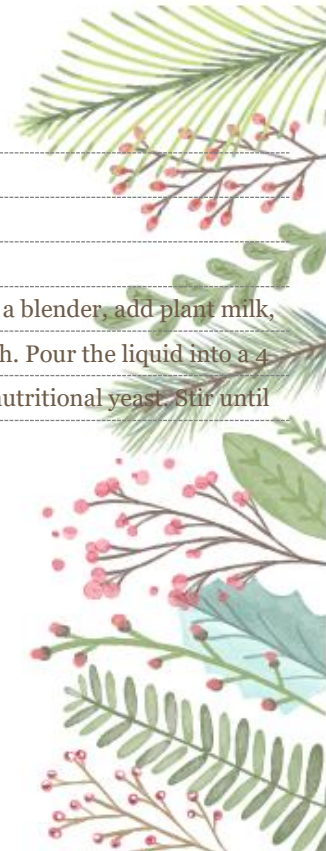
2 TBSP nutritional yeast

3 TBSP vegan mayonnaise/vegenaise (optional)

Instructions

Soak the cashews in water for at least 20 minutes to soften then drain. In a blender, add plant milk, garlic, salt, lemon juice, mustard, and cashews. Blend on high until smooth. Pour the liquid into a 4 QT slow cooker. Add the spinach, artichoke hearts, water chestnuts, and nutritional yeast. Stir until

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well combined. Cover and cook on high for 2 hours or low for 3-4 hours or
Until warm and bubbly. Just before serving, stir in the vegan mayonnaise if
Using. If dip is dry, add a little plant milk. Taste and add salt or fresh
ground pepper to taste. Serve warm or at room temperature with vegetables,
vegan bread, or crackers.



NOTES

- Nutritional yeast is available in most grocery stores. It add a cheesy Flavor without using dairy or cheese.
- Vegan mayonnaise is also available at most grocery stores. While regular mayonnaise can be used, please note that the recipe will no longer be vegan (no animal products including eggs, milk, or cream) if regular mayo is substituted.
- This recipe was adapted from <https://realfoodwholelife.com/recipes/slow-cooker-spinach-artichoke-dip-dairy-free-gluten-free/>

