



Spinach Artichoke Dip



Ingredients



Adapted from dreenaburton.com

- 3/4 cup unsweetened non-dairy milk
- 2 1/2-3 tbsp. freshly squeezed lemon juice
- 1-2 cloves garlic
- 3/4 tsp. salt
- 1/2 tsp. dry (ground) mustard
- freshly ground black pepper to taste
- 3/4 cup raw cashews
- 1 (15 oz) can artichokes, drained
- 2 cups spinach leaves



Directions



Yield: 4 cups **Serving size:** 1/2 cup

Total cost: \$8.50 **Serving cost:** \$1.06

1. Preheat oven to 425°.
2. In a blender, first add cashews, milk, lemon juice, garlic, salt, dry mustard, and pepper. Blend until very smooth. If using a high-powered blender, this will only take a minute or so. If using a standard blender, keep blending until very smooth.
3. Add artichokes and spinach and pulse a few times. Do not fully blend in order to keep some chunky texture.
4. Transfer to an oven-proof baking dish, and bake for 17-20 minutes. Remove, let cool for about 4-5 minutes, and serve with crackers, bread, raw vegetables, etc.

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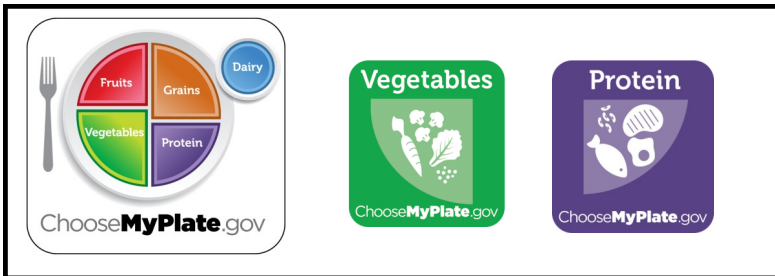
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Fast Facts



Featured Food Groups



Cooking Tips



- If you can find them, partially thawed frozen artichokes also work well in this recipe
- Other greens like baby kale or “power greens” can be substituted for the spinach
- Can be frozen after baking and reheated by baking at 350° for 30 minutes.

Nutrition Facts	
8 servings per container	
Serving size	1/2 cup
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 390mg	17%
Total Carbohydrate 11g	4%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	10%
Vitamin D 0.2mcg	0%
Calcium 52mg	4%
Iron 1.44mg	8%
Potassium 329mg	8%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

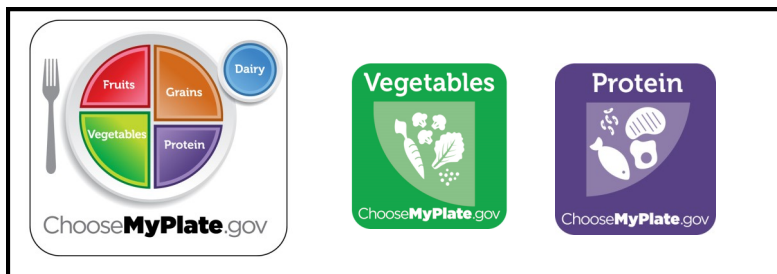
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