

# ONE BITE

VEGAN MAGAZINE

Perfect Creamy  
**Turmeric  
Latte**

IG WORTHY  
FIG & COCONUT  
CREAM TOAST

*Swirly Cinnamon Rolls*  
with Tofu Icing

*Tofu Spread with  
Dried Tomatoes*

*Rich Arugula-Pecan*

**CHEESY  
SPREAD**

**Smoky Baba Ganoush Dip**



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# *6 Ingredient* **Spinach Artichoke Dip**

By: Kristie Williams-Yowell



One of my favorite things in the world is to grab a bag of chips and a delicious dip and just go to town. It's a major perk of being an adult. Like, look, I don't care what you say, I'm eating chips and dip for dinner. Just try and stop me.

Since I started eating mostly vegan, however, dip for dinner is a bit trickier. My [Chipotle Cashew Queso](#) is a perennial favorite, but sometimes you gotta mix it up. Spinach and artichoke dip has always been a favorite of mine (and every human), so I set out to make a vegan and slightly *healthified* version. The final product? Totally healthy and insanely creamy and delicious. Bonus points for being crazy easy to make and comprised of only 6 ingredients. In pursuit of true vegan dip greatness, I tested multiple variations of this recipe – using fresh spinach sauteed with onion, roasting whole heads of garlic, the list goes on. Turns out sometimes the easy peasiest recipes are the best.

So what's exactly in this stuff? Cashews, light coconut milk, garlic powder, lemon juice, frozen spinach, and canned artichokes. Salt and pepper too, but who's counting?! Like any good vegan, if you've got some cashews soaking in your fridge, you can whip up this dip and be scooping up hot and decadent spinach artichoke creaminess in under 15 minutes. Tortilla chips and are my go to transport vehicle for this dip but it's also delicious slathered on warm and crusty bread. On Christmas Eve, I got all fancy and used it as a filling in my first ever attempt at spanakopita.

Basically, this is the perfect dip. All the indulgent spinach artichoke feels and none of the guilt. In need of an easy, stress free appetizer for your New Year's Eve shindig? Look no further. Bonus points for leftovers that are right at home with your New Year's Day superfood detox.



# 6 Ingredient Spinach Artichoke Dip

**Makes about 3 cups, serves 6.**

## INGREDIENTS:

- 1 cup raw unsalted cashews, soaked 2 - 24 hours\*
- 1 cup light coconut milk (from a can)
- 1, 14 ounce can artichoke hearts (packed in water)
- 1, 9 ounce package frozen chopped spinach
- 1 tablespoon lemon juice
- 3/4 teaspoon garlic powder
- 3/4 teaspoon sea salt
- 3/4 teaspoon black pepper

## INSTRUCTIONS:

1. Drain and rinse cashews and add to a blender with coconut milk, lemon juice, sea salt, and black pepper. Blend on high until mixture is very creamy, about 1 minute.
2. Heat spinach in the microwave according to package directions. Allow to cool slightly before squeezing out any excess water. Drain artichoke hearts and squeeze out as much water as possible. Add spinach and artichokes to blender with creamy cashew sauce. Blend to roughly break up artichokes and spinach, about 10 seconds.
3. Scoop mixture into a pot. Heat on the stove top over medium heat until warmed through, 5 to 7 minutes, stirring frequently to prevent sticking. Season with freshly cracked sea salt and black pepper to taste.
4. Serve warm with tortilla chips or crusty bread.



**Notes**

\* If you're short on time, pour boiling water over raw cashews and allow to sit for 10 minutes. Drain and rinse cashews and continue with recipe as written.



## ABOUT THE AUTHOR

Hi! I'm Kristie, a born and bred California girl with a pretty healthy love of food and formerly schizophrenic diet. I've been a picky eater, a meat eater, a vegetarian, a meat eater again, a vegetarian again, and now a mostly vegan. After finally educating myself about what it meant to eat animals, I decided that eliminating as many animal products from my life as possible – from omelettes to leather boots – was better for both my physical and mental well being.

Find my recipes and more on my website, The Mostly Vegan:  
[themostlyvegan.com](http://themostlyvegan.com)

