

Creamy **ARTICHOKE DIP**

This plant-based artichoke dip is creamy and tangy, boosting a cheesy-like flavor equal to the classic. If you prefer a greener version, add one cup of wilted spinach. The excess liquid from the spinach offsets and keeps the dip ooey-gooley creamy and delicious.



CREAMY ARTICHOKE DIP

INGREDIENTS

1-12 oz/340 g jar of marinated artichoke hearts, drained and chopped
½ cup/125 ml cashew cheese (Recipe follows)
1 cup/250 ml plant-based mayonnaise
1 clove garlic, crushed
1 tbsp fresh parsley, chopped
Juice of 1 lemon
Salt and pepper to taste

METHOD

Preheat oven to 350°F/176°C
Mix all ingredients in an oven-proof bowl and place in the oven for 15 minutes until heated through. Serve with pita chips, crackers, or toasted baguette slices.

CASHEW CHEESE

INGREDIENTS

½ cup/125 g raw cashews, soaked
1½ tsp/7 ml lemon juice
1 clove garlic
1 tbsp/15 ml Nutritional yeast flakes
Salt and pepper, to taste
1-2 tbsp/15-30 ml water

METHOD

Soak the raw cashews in a small bowl with enough water to cover the nuts. Soak for 30 minutes or more.

Drain and add soaked cashews, lemon juice, garlic, salt, and pepper to a food processor bowl. Pulse to combine. Add water 1 tbsp/15 ml at a time until smooth.