



Spinach & Artichoke Dip

 10-12 servings  Prep: 15 mins
Cook: 25 mins

Per 1/12 of recipe:
Calories 185
Carbs 11.9 g
Fat 14.9g
Protein 3.0 g
Dietary Fiber 2.4 g
Sugar 1.7 g

This delicious appetizer is great to bring to a get-together or when hosting a party. It is a great way to showcase how fantastic and delicious plant-based eating can be! This dip can be used on tortilla chips, crackers, or French bread slices.

Ingredients

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| 1 | package (300 g/10.5 oz.) | Frozen chopped spinach, thawed, with as much water squeezed out as possible (microwave for 4-5 minutes or thaw in the fridge overnight) |
| 1 | Can (398 mL/14 oz.) | Artichoke hearts, drained and cut into smaller pieces |
| 1/2 | Cup | Chopped onion |
| 1 | Cloue | Minced garlic |
| 1 | Container (227 g/8 oz.) | Plant-based cream cheese softened (leave on the counter for an hour) |
| 1 | Container (340 mL/12 oz.) | Plant-based sour cream |
| 1/2 | Cup | Plant-based mayonnaise |
| 3/4 | Package (31 g/1 oz.) | Plant-based powdered onion soup mix |
| 1 | Cup | Shredded mozzarella plant-based cheese |

Directions

1. Preheat oven to 175C (350F).
2. Mix all ingredients by hand or use a hand mixer, except the shredded mozzarella cheese.
3. Pour the mixture into a glass pie dish and smooth it out.
4. Top with cheese.
5. Cover with foil and bake for 25 minutes before serving.

