

Spinach Artichoke Dip

Serves about 4

Ingredients

	Amount
Spinach, frozen	1, 10oz block
Artichoke quarters, canned, rinsed	1, 14oz can
Cannellini beans, canned, rinsed	1, 15oz can
Coconut milk, unsweetened, not canned	1 cup
Nutritional yeast	2 Tbsp
Salt & pepper	to taste
Paprika	for garnish

Optional dippers: broccoli, carrots, cauliflower, peppers, celery, toasted high fiber bread, high fiber crackers (>3g per serving), etc.

Method of prep:

1. Gather all ingredients and equipment. Preheat oven to 425F.
2. In a medium sauce pan, thaw the frozen spinach. Once thawed, drain through colander, pressing firmly to remove excess water and place in baking dish (sprayed lightly with oil).
3. Rinse & drain the artichokes- chop if desired into smaller pieces; then mix into the spinach.
4. In a small food processor or blender, puree the cannellini beans with the coconut milk and nutritional yeast. Taste and season as appropriate.
5. Once smooth, transfer puree into the baking dish. Smooth out the top if desired and garnish with paprika before baking.
6. Bake for about 20mins or until browning of preference.
7. Drizzle with olive oil and enjoy with dippers (or by itself!)



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