



Makes 2 cups
Cook Time: 20 minutes

INGREDIENTS:

1¼ cups unsweetened,
unflavored plant milk

3 tablespoons all-purpose or oat
flour

1 teaspoon onion powder

1 teaspoon garlic powder

1 tablespoon fresh lemon juice

2 cups finely chopped spinach
(fresh, or frozen and thawed)

1 (14-ounce) can artichoke
hearts, drained and finely
chopped (1½ cups)

Sea salt

Freshly ground black pepper

Dairy-Free Spinach and Artichoke Dip

Great for parties and game-day snacks, this dairy-free spinach and artichoke dip has a delightfully creamy yet light taste and texture. Serve with crudité or baked chips.

<https://www.youtube.com/watch?v=O7P0H3WRT8Y>

By Darshana Thacker Wendel

- 1** Combine the plant milk, flour, onion powder, garlic powder, and lemon juice in a saucepan. Bring to a boil, then simmer for 5 to 7 minutes, stirring frequently, until the sauce thickens to a spreadable consistency.
- 2** Add the spinach and artichoke hearts. Mix well, then season with salt and pepper to taste. Cook for 2 minutes more, until the spinach has wilted. Add 1 to 2 tablespoons of water if the sauce gets too thick.
- 3** Let the dip cool completely.
- 4** Serve the dip warm or cold with the baguette, tortilla chips, or pita chips.