



Vegan Spinach Artichoke Dip

<https://classicbakes.com/recipes/vegan-spinach-artichoke-dip>

- **Prep Time:** 10 mins
- **Cook Time:** 23 mins
- **Total Time:** 33 mins
- **Serves:** 10 persons



Ingredients

- 4 teaspoons [Olive Oil](#), divided
- 1 1/2 cups Raw [Cashews](#)
- 5 cloves [Garlic](#)
- 1 medium [Onion](#), diced
- 1 1/2 cups [Unsweetened Almond Milk](#)
- 1/4 cup [Nutritional Yeast](#)
- Juice of 1 [Lemon](#)

- 1 1/2 teaspoons [Salt](#)
- 4 cups [Spinach](#)
- 2 (14 ounces) can [Artichoke Hearts](#), drained and rinsed

Instructions

1. Preheat [oven](#) to 425 degrees Fahrenheit. Using one teaspoon of olive oil, grease a [cast-iron skillet](#) or an [oven-safe baking dish](#).
2. Place 3 cups of water in a [tea kettle](#) or [pot](#) and boil.
3. In a [heat-safe bowl](#) place the cashews, and pour boiling water over them.
4. Let the cashews soak for 5 minutes, then drain.
5. To a [small frying pan](#) over medium heat, add three teaspoons of olive oil.
6. Once hot, add garlic and onion and sauté for 3 minutes.
7. To a [high-speed blender](#), add cashews, almond milk, nutritional yeast, lemon juice and salt. Blend until creamy and smooth.
8. Add onions, garlic, spinach, and artichoke heart. See to it that the mixture is chunky by pulsing a few times.
9. Place mixture in greased cast-iron skillet or oven-safe baking dish.
10. Bake for 20 minutes until the mixture thickens and is heated through.
11. Serve with crusty bread, pita bread, tortilla chips, or sliced veggies.

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