

GN - Spinach Artichoke Dip



Ingredients:

- 1 bag of frozen chopped spinach
- 1 can artichokes (*packed in water*)
- 2 T grass fed butter or ghee (*use olive oil for true dairy free*)
- 1 yellow onion, *finely chopped*
- ~1/2 tsp sea salt + pinch of black pepper
- *For the “cream cheese”*
 - 1.5 cups of raw sunflower seeds (*unsalted*)
 - 4 cloves of garlic
 - 1 lemon (*juiced*)
 - 3 T nutritional yeast
 - 2 T raw apple cider vinegar
 - 1/2 tsp sea salt
 - 1/2 cup water
 - Optional: pinch of red pepper flakes

Preparation:

To make the cream cheese:

1. Juice the lemons
2. Blend together sunflower seeds, garlic, lemon juice, nutritional yeast, apple cider vinegar, sea salt and water in a high powered blender or food processor until smooth and creamy (add more liquid as needed)

To assemble the dip:

1. Preheat oven to 375
2. Drain and chop artichokes (roughly if you like a chunky dip, finely if you don't)
3. Heat 2 T grass fed butter/ghee/EVOO in a large skillet over medium-high heat
4. Once hot-add onions and 1/4 tsp salt, saute a few minutes until softened
5. Add the frozen spinach and saute until spinach is wilted ~2 minutes
6. Add the artichokes and remaining salt (a good pinch), saute another 2-3 min
7. Add the "cream cheese" to the skillet and mix well; continue to saute another few minutes until well incorporated
8. Season with black pepper to taste, add more salt as needed
9. Bake at 375 for 15 minutes or until golden around the edges

Tips:

- *Serve with Simple Mills brand grain free crackers or Non GMO corn chips and raw chopped celery, jicama and cucumber)*
- *You can definitely make this ahead of time and reheat as needed prior to serving*