

Healthy Spinach Artichoke Dip

1 c. Cashews, soaked (4 hours)
1 c. Marinated Artichoke
2-3 T Marinade
1 handful blanched Spinach
1-2 cloves Garlic, minced
1 Lemon
1 t Tamari
1 t Extra Virgin Olive Oil (EVOO)
Red Pepper Flakes or Cayenne Powder, to Taste

Options: Fresh Basil, Oregano, Thyme, Himalayan Salt, fresh Cracked Black Pepper

Cook your spinach for 1 minute, then quickly put it into a bowl of ice water. Drain the cashews, rinse well, and mix together with the garlic, artichokes and marinade in your blender. Squeeze the spinach dry, and add it to the mixture with the lemon and tamari. Blend until it is a creamy consistency. Drizzle in the EVOO, and blend for 2-3 seconds.

Spoon into a serving bowl and garnish with red pepper. Serve with raw carrots, broccoli, red orange or yellow pepper slices, and gluten free crackers.