No Sweat Vegan

BUFFALO CHICKPEA DIP (Julianne Lynch)

This Buffalo Chickpea Dip is the perfect balance of creamy and spicy. You just need a handful of ingredients to make this oil-free vegan dip. It's great for game day, movie night, or holiday parties, but it can also be added to wraps, sandwiches, and vegan quesadillas!

Ingredients:

- ½ cup raw, unsalted cashews
- ½ cup unsweetened vegan yogurt
- ¼ cup hot sauce (I used Frank's Red Hot Sauce)
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon salt
- 15 oz can of chickpeas drained and rinsed

Optional garnishes:

- nutritional yeast
- vegan cheese
- chives or green onion

Instructions:

- First, you need to soften the cashews. Either soak them overnight, boil them for 10 minutes, or place them in a bowl, pour boiling water over the top, and let them soak for 10 minutes.
- Preheat the oven to 350.
- Drain the excess water off the cashews. Add the cashews, vegan yogurt, hot sauce, and spices to a blender (or food processor). Blend until smooth.
- Drain and rinse the chickpeas. Add them to the blender. Pulse 5 to 10 times. The chickpeas should be broken down but the dip should still have some texture.
- Transfer the dip from the blender to a small baking dish. (Optional: sprinkle with vegan cheese, nutritional yeast, or extra hot sauce). Bake for 20 minutes.
- Remove and let cool slightly. Serve and enjoy!

Notes:

- I used a small oval baking dish that was about 9.5 inches long and it was the perfect size.
- This recipe serves 3 to 4 hungry people, although if you serve it at a party with other appetizers it might stretch to 5 to 6 people. For larger groups, I recommend doubling the recipe.
- If you prefer to use a food processor instead of a blender, that's fine. I've tried this recipe both ways and while the blender did a better job at getting the cashews creamy, I had an easier time getting the dip out of the food processor. So it's really up to you.
- Store any leftovers in an airtight container for up to 1 week.







Julianne Lynch's site **No Sweat Vegan** has many WFPB recipes and many others can be adapted. She loves creating "simple and comforting vegan food for the whole family."

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