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VEGAN SPINACH AND ARTICHOKE DIP (Cadry Nelson)

- 1 cup raw cashews soaked in water 2 hrs or overnight
- 1 cup carrots chopped
- ⅔ cup water Plus extra for boiling carrots
- 2 cloves garlic
- ¼ cup nutritional yeast flakes
- ½ teaspoon granulated onion
- 1 teaspoon white miso paste (omit for soy-free version)
- ½ teaspoon salt
- 2 big handfuls baby spinach
- 1 cup quartered artichoke hearts (~ 8 hearts), drained
- ½ cup yellow onion, chopped small
- Handful tortilla chips Plus extra for serving

Preheat the oven to 400 degrees.Drain the cashews and set aside. Put carrots in a small pot, cover them in water, and bring the water to a boil. Cook for five minutes or until they are fork tender. Then drain the carrots.

In a blender, add the soaked and drained raw cashews, cooked and drained carrots, ⅔ cup water, garlic, nutritional yeast flakes, granulated onion, miso paste, and salt. Blend until completely smooth. Add extra splashes of water, if necessary, for blending. In a large mixing bowl, combine the sauce from the blender, baby spinach, artichoke hearts, and onion. Transfer the mixture to a 1 quart casserole dish. Smooth the top. Crunch a handful of tortilla chips in your hands to cover the top of the dip.

Place the dish in the oven and bake uncovered for 25 minutes. Serve immediately with tortilla chips, crudités, bread or crackers.

Inspired by the Life-Affirming Warm Nacho Dip in *The Oh She Glows Cookbook*.

Tips from Cadry you don't have time to soak cashews:

- Cover the raw cashews in boiling water for at least ten minutes (or as much time as you have). Pro tip: A microwave will work here!
- Grind dry raw cashews in a coffee grinder until they're fine like a flour. Then add them to the blender and continue the recipe as written.
- If you have a high-speed blender, you can skip soaking the cashews. Although, you may want to add a splash more of water to help it blend easily, if necessary.





About Cadry's Kitchen

Cadry's Kitchen is the site of Cadry Nelson, author of *Living Vegan for Dummies* (2nd edition). She started the site in 2009, a couple of years after she became vegan.

Cadry specializes in vegan comfort foods. Some of her recipes use oil, and they sometimes incorporate processed foods like vegan meats. However, this is from-scratch cooking, which is always more likely to be healthful as well as delicious. There is plenty to choose from and it's easy to work around ingredients that you don't care to use.