

JUNE 2018



DIRECTIONS

This recipe is a family favorite from one of our friends, Jenna Strubhar. We make it all the time when we are having guests over for dinner and the bonus is that it's dairy-free for anyone with allergies to milk. We've never had any leftovers after making it; it's always a huge hit!

Preheat oven to 425.

Blend milk, cashews, lemon juice, salt and pepper in the bowl of a food processor until smooth.

Quickly pulse in artichokes and spinach. If you like your dip smooth, pulse everything together a few more times.

Spread mixture in a pie plate or 8x8" baking dish and bake for 20-25 minutes, until top is golden.

INGREDIENTS

¾ cup unsweetened almond milk

¾ cup cashews (unsoaked)

2 cloves garlic

3 Tbsp lemon juice

¾ tsp salt

Dash black pepper

2 cups fresh spinach

2 cups drained artichokes