



# Healthy Spinach Artichoke Dip

## Ingredients

- 1 cup raw cashews, soaked overnight
- 1 ¼ cup mayonnaise
- ¼ cup water
- 16 ounces frozen spinach, thawed and drained
- 13.5 oz artichoke hearts, chopped and drained
- ⅓ cup onions, finely chopped
- 4 garlic cloves, minced
- ½ tsp salt
- ½ tsp pepper

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## Directions

1. Preheat oven to 400 degrees F.
2. Add the cashews, mayonnaise and water to a food processor. Blend for 1-2 minutes, or until creamy.
3. Use a spatula to transfer the cashew mixture to a large mixing bowl. Add all remaining ingredients and stir together.
4. Transfer the dip to an oven-proof dish and bake for 20 minutes. Serve with tortilla chips, cucumber slices or other vegetables.