



# NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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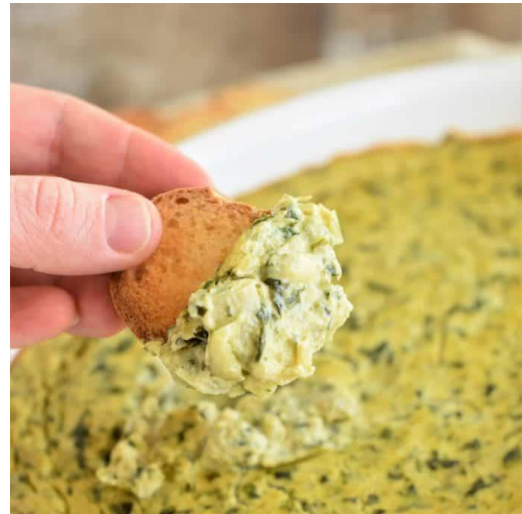
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## Vegan Spinach Artichoke Dip

*serve with carrot sticks, yellow squash spears, and broccoli florets*

### Ingredients:

- 2 cloves      Garlic, *chopped*
- ½ cup        Sweet Onion, *chopped*
- ½ cup        Unsweetened Oat Milk, *full-fat*
- ½ cup        Nutritional Yeast
- 16 oz        Block silken Tofu, *drained*
- 14 oz        Artichoke Hearts, *quartered*
- 6 oz         Spinach, *chopped*
- 2 Tbsp      Tapioca Starch
- 2 Tbsp      Olive Oil, *extra-virgin*
- 1 Tbsp      Lemon Juice, *freshly squeezed*
- 1 Tbsp      Dill, *chopped, fresh*
- 2 tsp        Dijon Mustard
- 1 tsp        Sea Salt or Kosher Salt, *divided*
- Pinch        Cayenne Pepper, *optional*



### Instructions:

1. Preheat oven to 375°F.
2. Heat olive oil in a pan over medium-high heat. Add the onion, garlic and spinach to the pan. Season with ½ teaspoon salt. Sauté for 3 minutes, stirring frequently.
3. Turn the heat to medium-high and sauté, stirring frequently. Add the artichokes and sauté for 2 more minutes, stirring frequently. Season with ½ teaspoon salt.
4. Remove the pan from the heat and allow the veggies to cool for 5 minutes.
5. While the veggie mixture is cooling, add tofu, milk, tapioca starch, lemon juice, dill, mustard cayenne pepper and the remaining salt to a high-powered blender or food processor. Blend on high speed until ingredients are well-incorporated, scraping down the sides as needed.
6. Add the veggies to the blender or food processor. Pulse a few times until the veggies are chopped, leaving some large chunks intact.
7. Spread the dip mixture into a 1.5-qt. – 2-qt. casserole dish. Bake for 25-30 minutes until the dip is set and beginning to brown.