

Spinach Artichoke Dip – Vegan

Prep Time: 5 minutes
Cook Time: 5 minutes
Total Time: 10 minutes

Yield: 2 cups
Serving Size: 8
Calories per serving: 74
Fat per serving: 1 grams

Ingredients

- 1 (15-ounce) can navy beans no-salt added, rinsed and drained
- 1 (10-ounce) package frozen spinach
- 1 (14-ounce) can artichoke hearts, packed in water and drained
- 6 cloves garlic, minced
- 1/4 cup nutritional yeast flakes
- 1 pinch ground nutmeg
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Instructions

1. Puree the beans in a food processor until smooth and creamy.
2. Add the remaining ingredients and pulse-chop to mix well.

Notes

Nutrition facts (per serving-1/4 cup): Calories: 74, from fat: 0, total fat: 1g, cholesterol: 0mg, sodium: 330mg, total carbohydrate: 13g, fiber: 5g, sugar: 0g, protein: 8g.