

Spinach Artichoke Dip (Whole 30, Paleo)

Shopping List:

For the creamy mixture:

- ½ cup homemade mayo, or Paleo mayo
- 1 can full fat coconut milk, chilled until water and cream separates, scoop out the cream only*
- ¼ cup nutritional yeast
- ¾ sea salt
- 1 tbsp. lemon juice
- ½ tsp onion powder
- generous pinch cayenne
- Black pepper
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For the spinach artichoke mixture:

- 1 tbsp. coconut oil
- 1 yellow onion, chopped
- 4 garlic cloves, minced
- 10 oz fresh baby spinach, roughly chopped
- 14 oz can organic artichoke hearts, drained well and chopped
- Salt and pepper to taste

Directions:

1. Pre-heat the oven to 400 *F. Heat a large skillet over medium heat and add the coconut oil.
2. Add the chopped onions, sprinkle with salt and cook until soft. Then, add the garlic and continue to cook until softened.
3. Next add the spinach and saute it until wilted, and then add the chopped artichokes. Cook for a minute longer, sprinkle with more salt, and remove from heat.
4. For the creamy mixture: in a large bowl combine coconut cream, mayo, lemon juice, onion powder, cayenne, nutritional yeast, ¾ tsp salt. You can either whisk together or use a hand blender to combine thoroughly.
5. Add spinach mixture to the bowl. Discard any excess liquid left in the skillet. Mix together thoroughly and transfer to an 8x8" baking dish.
6. Bake for 25 minutes or until the center is bubbling and the top begins to brown. Remove from the oven.
7. Allow to cool about 10 minutes before serving.