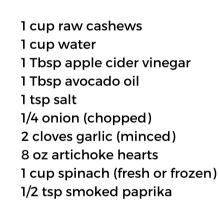


from Chef Carmen Karlsgodt



- 1) Blend cashews, salt, water and ACV in high speed blender until creamy. Set aside.
- 2) Heat oil and cook onions and garlic until see-through.
- 3) Add artichokes, spinach and paprika and cook for 5-7 minutes on medium.
- 4) Add the cream and cook until thick. Enjoy warm or cold and serve with chips!



For more delicious, plant-based recipes follow Chef Carmen on Instagram @healthycongusto!

















