

APRIL

HARVEST OF THE MONTH: ARTICHOKE

SPINACH-ARTICHOKE DIP from Chef Carmen Karlsgodt

1 cup raw cashews
1 cup water
1 Tbsp apple cider vinegar
1 Tbsp avocado oil
1 tsp salt
1/4 onion (chopped)
2 cloves garlic (minced)
8 oz artichoke hearts
1 cup spinach (fresh or frozen)
1/2 tsp smoked paprika

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!



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