



CREAMY ARTICHOKE DIP

1 15OZ JAR MARINATED ARTICHOKE

1.5 C RAW CASHEWS, SOAKED

1-1.5 C NUTRITIONAL YEAST

1/4 C OLIVE OIL

JUICE OF 1/2 LEMON

2 CLOVES GARLIC

1 TSP SMOKED PAPRIKA

1. DRAIN SOAKED CASHEWS AND PLACE IN BLENDER WITH JAR OF ARTICHOKE ALONG WITH GARLIC, LEMON, AND OLIVE OIL. BLEND UNTIL SMOOTH.

2. TRANSFER MIX INTO A SMALL POT AND HEAT OVER LOW HEAT. MIX IN NUTRITIONAL YEAST AND SALT AND PEPPER UNTIL YOU ACHIEVE DESIRED TASTE. THE MORE YEAST, THE "CHEESIER" IT'LL BE. ADD DRIZZLES OF OIL TO THIN OUT IF NEEDED.

3. ONCE THOROUGHLY MIXED AND WARM, TRANSFER TO A SERVING BOWL. DUST WITH PAPRIKA AND SERVE WITH PLANTAIN CHIPS AND YOUR FAVORITE CHOPPED VEGGIES!