

Vegan Spinach Artichoke Dip

INGREDIENTS

- 1/2 can drained and rinsed cannellini beans
- 1/2 cup water
- 3/4 jar marinated artichoke hearts, chopped coarsely
- 2/3 bag spinach, chopped finely
- 1 Tbsp chickpea flour
- 1 Tbsp sweet rice flour
- 1 Tbsp lemon juice
- freshly ground black pepper
- 1 tsp, or to taste, garlic powder
- 1 Tbsp, or to taste, Green Goddess seasoning
- hot sauce, to serve

DIRECTIONS

- In a medium pan, heat the beans on medium high.
- When warm beans are just starting to fall apart, mash into a puree (it's okay to keep them chunky a bit, too).
- Stir in the hearts, spinach, and water, and whisk to combine.
- Add the flours and increase the heat to high. Stir occasionally.
- When the mix is at a near-boil and has thickened, turn the heat to low and add the lemon juice and seasonings.

