

Dairy-Free Creamy Artichoke Dip

Prep Time: 10 minutes | Cook Time: 0 minutes
Servings: 8-12 | Serving Size: About ¼ cup



The white beans and bit of mayo make this dip so creamy and delicious you won't be missing the dairy at all! Pair with seed crackers or veggie sticks for the perfect snack or appetizer.

Ingredients:

2 cloves garlic, peeled
1 shallot, diced
2 tablespoons lemon juice
½ cup mayonnaise made from cage free eggs and olive oil
1 tablespoon extra virgin olive oil
1 tablespoon apple cider vinegar
1 (15-ounce) can great northern beans/cannellini beans, drained
½ teaspoon salt
½ teaspoon mustard powder
¼ teaspoon pepper
1 (4-ounce) can chopped green chilis, undrained
2 ½ cups canned artichoke hearts, drained (About 1 ½ cans)

Serve with your choice of:

Raw veggies
Gluten free seed crackers

Directions:

1. Get out your food processor or high power blender, then add garlic & shallots and pulse until minced.
2. Scrape down the sides and add your remaining ingredients EXCEPT the artichokes; process until well combined.
3. Add artichokes and process briefly so that you still have some small chunks remaining.
4. Serve at room temperature or cold with fresh cut veggies and/or gluten free seed crackers.

Tips and Tricks:

Nutritional Information Per Serving:

Calories: 173.9
Fat: 10.3 g
Cholesterol: 5.0 mg
Sodium: 240.8 mg
Total Carbohydrate: 14.7 g
Dietary Fiber: 3.6 g
Sugars: 0.1 g
Protein: 4.5 g