
Kale and Artichoke Dip

By Dr. Ruby Lathon

Ingredients

- 1 bunch kale
- 2, 10-oz jars of artichoke hearts, diced
- 1.5 cups cashews (soaked for 2 or more hours)
- ½-¾ cups water
- Juice of 1 lemon (2-3 Tbsp)
- 4 cloves garlic
- 5 Tbsp nutritional yeast
- 1 Tsp sea salt (or to taste)
- 1 teaspoon dulse flakes (seaweed)
- 1/2 Tsp cayenne pepper or to taste

Directions

1. Blend all ingredients until smooth, except kale and artichokes. Add water as needed to keep mixture moving.
2. Remove stems from kale leaves and tear into bit size pieces. Massage kale for 1-2 minutes, until soft.
3. Mix diced artichokes and kale together in a bowl. Pour cashew mixture over kale and artichokes. Mix well.
4. Pour into baking dish. Top with gluten free bread crumbs if desired (optional)
5. Bake in oven at 350F for 25 minutes. Remove from oven, stir and serve.