

Clean Spinach Artichoke Dip Recipe



You know I love to take crowd-pleasing acidic dishes and turn them into alkaline, anti-inflammatory new favorites – especially when they contain lots of healthy fats and minerals.

This flavorful dip contains many of the foods that are best for your mental health, unlike the ingredients in traditional spinach artichoke dip. (Keep an eye out on Thursday for more of the best foods for your mental health and wellness!)

I've combined canned artichoke hearts because they're so easy to use (choose organic) with raw spinach, white beans, cashews, lemons, and garlic for a zesty dip you're going to want to make again and again.

Give it a try and let me know what you think over on [Facebook](#).

CLEAN SPINACH ARTICHOKE DIP

Ingredients [Serves 2]

1/4 cup parsley
1 can organic artichoke hearts
1 handful fresh spinach
2 cloves garlic
1 lemon, fresh juiced
1 tsp. lemon zest
1 can white beans (I use Eden Organics)
1/4 cup raw cashews
1 tbsp. coconut oil
Sea salt (Celtic Grey, Himalayan, or Redmond Real Salt) to taste
Black pepper to taste



Directions

Blend all ingredients in food processor until paste like, starting with the raw cashews to chop them into fine pieces. Season with salt and pepper. Serve with fresh cut veggies.



Replacing sugar with healthy fats is going to be a focus of [The Get Off Your Acid Sugar Summit](#), which starts soon!

I'm bringing together an unprecedented team of experts to help you fight the substance that is more addictive than cocaine, hijacks your health, and adds to your weight. When you register for this free, online event, you'll not only reserve your spot for all of the summit's interviews, you'll also get immediate access to free guides and helpful e-books you can't get anywhere else about living your most energized, disease-free, resilient life!

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