

Spinach and Artichoke Puree

Prep time:

10 minutes

Cooking time:

10 minutes

Yields:

4 people

Ingredients:

- 2 cups unsweetened, unflavored almond milk
 - 3 tablespoons all-purpose gluten free flour
 - 1 teaspoon onion powder
 - 1 teaspoon garlic powder
 - 1 tablespoon fresh lemon juice
 - 2 cups spinach (fresh, or frozen and thawed)
 - 1 (14-ounce) can artichoke hearts, quartered (1½ cups)
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Directions:

1. Combine the almond milk, flour, onion powder, garlic powder, and lemon juice in a saucepan. Bring to a boil, then simmer for 5 to 7 minutes, stirring frequently, until the sauce thickens to a spreadable consistency.
2. Add the spinach and artichoke hearts. Mix well, then season with salt and pepper to taste. Cook for 2 minutes more, until the spinach has wilted. Blend with an immersion blender for desired consistency. Add 1 to 2 tablespoons of water if the sauce gets too thick.