

# Vegan Spinach Artichoke Dip

## Ingredients:

- One 14 oz package of soft tofu
- One 14 oz can of artichoke hearts, drained well
- 5 ounces of spinach
- 1/2 cup nutritional yeast
- 1 onion
- 3 cloves of garlic
- 2 Tbsp. lemon juice
- 2 Tbsp. olive oil
- 1/2 tsp. crushed red pepper
- 1 tsp. dried basil
- 1.5 tsp. salt
- 1/2 tsp ground black pepper