



Vegan Spinach Dip

This easy vegan spinach dip recipe can be made in minutes and used as a dip with fresh veggies

<https://eatplant-based.com/creamy-spinach-dip-spread/#mv-creation-63-jtr>

yield: 2+ CUPS prep time: 20 MINUTES

Ingredients

- 12 oz pkg silken tofu
- 2 tablespoons lemon juice
- 1/4 cup green onions
- 1 teaspoon Dijon mustard
- 1/2 teaspoon tarragon dried spice (optional)
- 1/4 teaspoon celery salt
- 1/4 teaspoon sea salt, or to taste
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon sweetener
- 10 oz box frozen, chopped spinach, thawed
- 1 cup shredded carrots, I bought pre-shredded
- 1 teaspoon minced garlic, I use kind from jar
- 1/4 cup scallions, sliced to be stirred in last

Instructions

1. Begin by draining the water from your tofu and pressing the water from it. For those that don't have a tofu press to remove the water, I have found that a towel and heavy skillet work just fine.
2. Next, in a blender or food processor, combine the tofu, lemon juice, Dijon, green onion, tarragon, celery salt, sea salt, paprika, and sweetener.
3. You will notice that this recipe calls for 1/4 cup green onion used here, as well as another 1/4 cup scallions at the end, so save half of the onions.
4. Blend until smooth and creamy.
5. At this point, you will need to make sure that your frozen spinach is **completely thawed** and drain the excess water from it. What I like to do is place the defrosted spinach on some paper towels and roll it up. Then, squeeze it over the sink or even into a jar to **save for cooking soups or other dishes**.
6. In a large bowl add the spinach, shredded carrots, scallions, and minced garlic.
7. Add creamy mixture to a large bowl with veggies. Stir together thoroughly. This takes a good bit of stirring to incorporate with spinach.

Serve immediately at room temperature or chilled. Great on:

1. Crusty bread
2. Homemade tortilla chips
3. Easy Crispy potato chips
4. Fresh veggies like carrots, celery sticks, or sliced cucumbers