

Vegan Spinach Dip



- **Prep:**10 mins
- **Cook:**10 mins
- **Total:**20 mins
- Appetizer
- Vegan, American

Ingredients

- 10 oz frozen spinach (285 g), thawed and squeezed out of any liquid
- 2 cloves of garlic, minced
- 1/2 onion, finely chopped
- 1 tbsp flour, I used brown rice flour
- 8 oz [vegan cream cheese](#) (225 g)
- 1/4 cup unsweetened [plant milk](#) of your choice (65 ml), I used [soy milk](#)
- 2 tbsp nutritional yeast
- 1/4 tsp salt
- 1/8 tsp ground black pepper

Instructions

1. Heat some oil in a skillet (if you don't consume oil, just use some water or [vegetable stock](#) instead), add the garlic and onion and cook over medium-high heat until golden brown, stirring occasionally.
2. Add the flour and cook for 1-2 minutes, stirring frequently.
3. Add the vegan cream cheese and cook until it's completely melted.
4. Finally, add the rest of the ingredients (spinach, milk, nutritional yeast, salt and pepper), stir and cook for 2 more minutes.