

Artichoke Dip

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Saute 1/3 c. green onion and 1 clove garlic, minced in a little olive oil. Add 1 can well-drained artichokes and saute until hot. Blend in food processor until mashed. Stir in soy mayo until creamy about 2 T. Add 1/4 t. basil, 1 T. nutritional yeast flakes and salt to taste, about 1/2 t. Serve with crackers or a vegetable plate.