
Healthy Vegan Green Dip

Total time: 10 min Yield: 6 to 8 servings

Ingredients

8 oz jar Koko Kai non-dairy coconut yogurt
2 cup loosely packed super greens (baby chard, spinach and kale)
1 Hass avocado
1 clove garlic
1 oz ranch dip mix
4 oz can diced jalapeño (well drained)
4 oz can diced mild green chilies
8 oz can sliced water chestnuts (drained & rough chopped)
15 oz can white Navy beans (well drained)

Prep Time: 10 min Cooking Time: 0 minutes Total Time: 10 min

Instructions

Place yogurt, super greens, avocado, garlic and ranch mix into a blender. Purée until smooth and green. In a mixing bowl, add green yogurt mixture, jalapeños, green chilies, water chestnuts, Navy beans and mix well. Place the green dip into a serving bowl and serve with your favorite vegetables, crackers or chips. Enjoy this non-dairy vegan dip for your St. Patrick's Day celebrations!

Recipe brought to you by:

Chef Ryan Covert