Avocado Spinach Artichoke Dip

Ingredients

10 oz frozen chopped spinach (1 package)
1 large avocado, mashed
1 can artichokes (14 oz), drained and chopped
2 cloves of garlic, pressed
1 cup vegan or regular mayo
2 cups Greek yogurt or vegan cream cheese
1 package dry vegetable soup mix 1.4 oz
8 oz water chestnuts canned, drained and finely chopped
3 green onions chopped

Preparation

1. Defrost the frozen spinach overnight. Make sure to microwave for 20 seconds before using and squeeze it as hard as you can to remove all excess liquid.
2. Combine all ingredients in a bowl. Mix well.
3. Refrigerate at least 2 hours prior to serving.
4. Serve with bread, crackers or vegetables for dipping.