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# 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