





Turmeric Hummus

4 servings

10 minutes

Ingredients

2 cups Chickpeas (cooked)
1 Garlic (clove)
1 tbsp Tahini
3 tbsps Apple Cider Vinegar
1/4 cup Extra Virgin Olive Oil
1/2 tsp Turmeric
1/2 tsp Sea Salt

Directions

1

Add all ingredients together in a food processor. Blend until a creamy consistency forms. Enjoy!



Golden Beet Hummus

4 servings

50 minutes

Ingredients

- 1 Golden Beet (skin on, washed)
- 1 3/4 cups Chickpeas (cooked, rinsed)
- 1 Lemon (juiced)
- 1/2 tsp Sea Salt
- 2 tbsps Tahini
- 2 Garlic (cloves)
- 1/3 cup Water (ice cold)
- 2 tps Sesame Seeds (optional)
- 1 tbsp Chives (chopped, optional)
- 1 tbsp Extra Virgin Olive Oil (optional)

Directions

- 1 Preheat the oven to 400F (204°C). Wrap the beet in foil and bake for 40 to 45 minutes, or until cooked through. Remove the beet from the oven, let it cool and then peel.
- 2 In a blender or food processor, add the chickpeas and blend until smooth. Next, add the beet and blend again. Add the lemon, sea salt, tahini and garlic and blend until mixed together. Slowly drizzle in the water and keep blending until smooth and creamy.
- 3 Add to a serving dish and garnish with sesame seeds, chopped chives and extra virgin olive oil, if using. Enjoy!



Green Goddess Cashew Dip

4 servings

35 minutes

Ingredients

- 1/4 cup Cashews (raw, soaked for 30 minutes and drained)
- 1/3 cup Unsweetened Almond Milk
- 1/2 cup Basil Leaves (roughly chopped)
- 1/4 cup Parsley (roughly chopped)
- 2 1/2 tbsps Lemon Juice
- 1 Garlic (small clove, minced)
- 2 tbsps Red Onion (finely chopped)
- 1/4 tsp Sea Salt
- 1 Cucumber (sliced)

Directions

- 1 Add the soaked cashews, almond milk, basil, parsley, lemon juice, garlic, onion and salt to a food processor. Blend until creamy and smooth, about 3 minutes. Season with additional lemon juice or salt if needed.
- 2 Serve with cucumber slices and enjoy!



Garlic White Bean Dip

6 servings

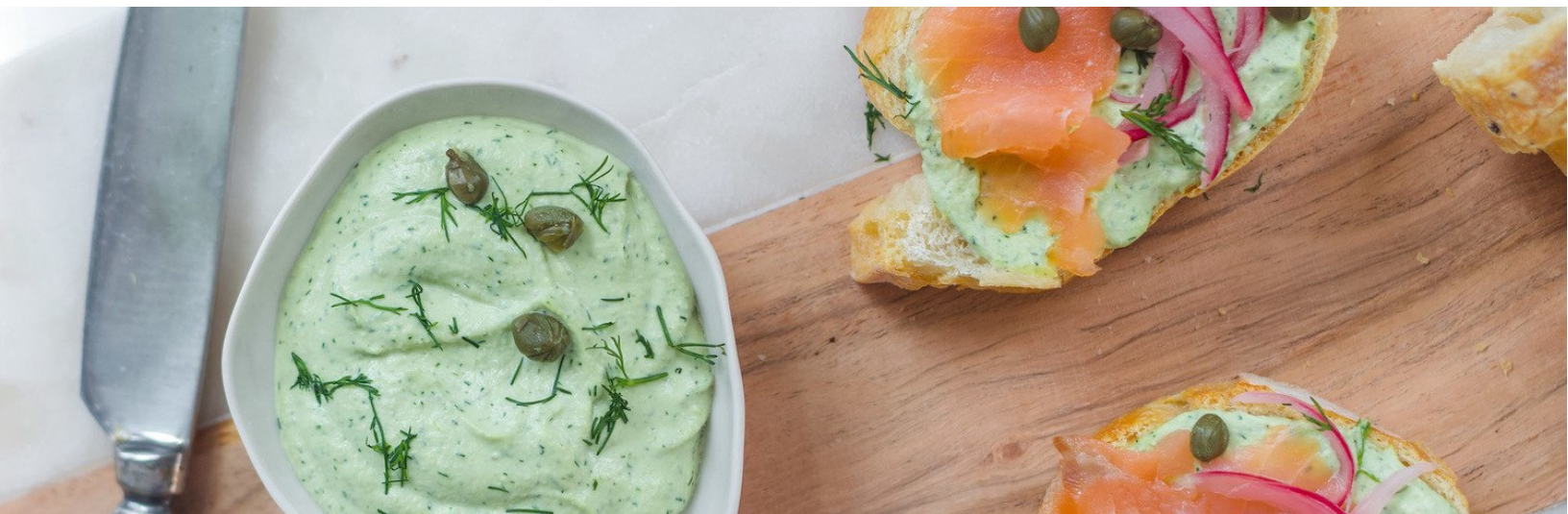
5 minutes

Ingredients

- 2 cups White Navy Beans (cooked, drained and rinsed)
- 2 tbsps Lemon Juice
- 1 tsp Thyme (fresh, torn from the stem)
- 1/2 tsp Garlic Powder
- 1/4 cup Extra Virgin Olive Oil
- 1 Cucumber (sliced)

Directions

- 1 In a food processor or blender, add the white navy beans, lemon juice, thyme and garlic. Blend until the texture is smooth and creamy.
- 2 With the machine running, add the extra virgin olive oil slowly, until incorporated.
- 3 Pour the dip into a bowl and serve with cucumber slices. Enjoy!



Dill Cashew Spread

8 servings

10 minutes

Ingredients

1 cup Cashews (soaked for at least 4 hours and rinsed)
1/3 cup Water
2 tbsps Lemon Juice
1/2 tsp Lemon Zest
2 tbsps Extra Virgin Olive Oil
1/2 cup Fresh Dill (coarsley chopped)
2 tsps Capers
1/8 tsp Sea Salt (or more to taste)

Directions

- 1 Add the cashews, water, lemon juice, lemon zest and extra virgin olive oil to a blender or food processor. Blend on high until smooth and creamy.
- 2 Add the dill, capers and sea salt and blend again until incorporated.
- 3 Transfer to a dish and enjoy!



Sardine Spread with Cucumbers

1 serving

5 minutes

Ingredients

3 ozs Sardines (in oil, drained)
1 1/2 tbsps Mayonnaise
2 1/2 tbsps Apple Cider Vinegar
1/2 Cucumber (sliced)

Directions

- 1 In a bowl, mash together the sardines, mayonnaise and apple cider vinegar.
- 2 Serve alongside cucumber slices and enjoy!