

Dips for a Tasting Plate

Beetroot

1c cashews
¼ c beetroot juice
1T lemon juice
½ teaspoon Himalayan Salt
1 teaspoon agave syrup
You may also need some water.

Grind all ingredients in a food processor until thoroughly combined.

Store extra in a glass jar in the fridge.



Pesto

2 cups basil
1 teaspoon minced rosemary
1 tablespoon nutritional yeast
¼ cup pine nuts
1 tablespoon olive oil
¼ teaspoon Himalayan salt
2 teaspoon lemon juice

Pulse all ingredients in a food processor until they bind.

Store extra in a glass jar in the fridge, use on spiralised zucchini for raw pesto-pasta.

Macadamia Cheese Spread

1 cup macadamias
1T lemon juice
1T nutritional yeast
2T onion
½ teaspoon Himalayan salt

Process all ingredients in a food processor until fluffy. Store extra in a glass jar in the fridge.