



Green Goddess Cashew Dip

8 servings

35 minutes

Ingredients

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

Nutrition

Amount per serving	
Calories	71
Fat	4g
Carbs	7g
Fiber	1g
Protein	2g

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!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Add extra lemon juice to leftover dip if needed to brighten up the flavor.

Serving Size: One serving is approximately two tablespoons of dip and 1/4 of a cucumber.

More Flavor: Add other fresh herbs like cilantro, tarragon or chives.

No Almond Milk: Use cashew milk or boxed coconut milk instead.

No Cucumber: Serve with your favorite raw veggies or whole grain crackers instead.