

## Healthy dips and spreads

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### **Hummus**

- 2 ½ cup cooked chickpeas
- 1-2 Tbsp lemon juice
- 2 small garlic cloves
- (1 cup minced onion)
- ½ tsp sea salt
- ¼ tsp pepper
- ¼ - ½ cup tahini
- 1 cup water
- 4 Tbsp olive oil

Optional: cumin, curry powder, tumeric (1 Tbsp of each)

- Strain chickpeas and blend in blender or food processor. Add other ingredients and mix for about 2 minutes. Refrigerate for at least 4 hours before serving with raw veggies, pitas, tortilla chips, rice crackers, etc.
- For saute flavor – saute onions and garlic first until soft and golden then add spices and saute 3-4 minutes before adding beans and water. Blend

### **Baba Ganush**

- 3 medium eggplants
- 3 cloves garlic
- 3 tsp salt
- ¼ tsp pepper
- 1 Tbsp olive oil
- ½ cup tahini
- ½ cup water
- ¼ cup lemon juice
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- Poke each eggplant with a fork, about 12 times. Bake for 50 minutes at 425 F, cool. Peel off skin, place flesh in blender. Add other ingredients and blend. Refrigerate for at least 4 hours before serving with raw veggies, pitas, tortilla chips, rice crackers, etc

### **Pumpkin seed veggie dip**

- ¼ cup pumpkin seeds - roasted
- 1-2 Tbsp olive oil
- 1 Tbsp tamari soy sauce
- 1 medium zucchini, chopped in small cubes
- 1 lb chopped spinach or chard
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- Grind roasted pumpkin seeds in blender. Saute veggies in olive oil and tamari. Add seeds to sauteed veggies. Serve warm
- Optional: puree whole mixture in blender adding extra liquid (eg water) one Tbsp at a time for smooth creamy consistency.

### **Guacamole**

- 2 ripe avocados
- 2 small tomatoes

- Blend all ingredients in a blender or food processor, or mash well with a fork and mix for about 1 minute.

- 1 tsp lime juice
- 1 tsp lemon juice
- 2 cloves minced garlic
- salt and pepper
- chili powder (optional)
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Serve immediately with raw veggies, pitas, tortilla chips, rice crackers, etc.

### ***Spicy white bean spread***

- 1 can white beans (navy/ or white kidney)
- $\frac{3}{4}$  cup liquid
- 3 Tbsp lemon juice
- 2 tsp minced garlic
- 2 Tbsp chopped parsley
- $\frac{1}{2}$  tsp salt
- $\frac{1}{4}$  tsp pepper
- $\frac{1}{4}$  tsp cayenne pepper
- $\frac{1}{4}$  cup udo's oil
- 2 Tbsp udo's wholesome fast food blend

Combine ingredients in a blender or food processor.  
Serve with rice crackers or veggies or use as a spread in sandwiches.

### ***Bean and veggie dip***

- $\frac{1}{2}$  ripe avocado
- 2 ripe roma tomatoes
- $\frac{1}{2}$  can kidney beans (or bean of choice)
- 1 green onion finely chopped
- 1 tsp olive oil
- Salt and pepper to taste

Combine ingredients in a bowl.  
Serve with rice crackers or veggies

### ***Natural mayonnaise***

- 1 egg
- 1 egg yolk
- 2 Tbsp organic vinegar or lemon juice
- 1 Tbsp whey (optional, for more nutritional value and longer storage time)
- $\frac{1}{2}$  tsp unrefined sea salt
- $\frac{1}{2}$  tsp dry mustard
- Pinch of stevia powder or dab of honey (optional)

Combine all ingredients in blender, except oil. Pour oil in slowly.  
Pour into jar and refrigerate. If using whey, let mixture stand at room temp about 7 hours before refrigerating.

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- $\frac{3}{4}$  to 1 cup olive oil/ sesame oil or coconut oil
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**Vegan mayo**

- $\frac{1}{2}$  cup cashews – ground
  - $\frac{1}{4}$  cup water
  - $\frac{1}{4}$  cup natural vinegar
  - Up to 1 Tbsp honey
  - $\frac{1}{4}$  tsp unrefined sea salt
  - 1 Tbsp coconut or olive oil
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Mix ground cashews and water and let sit at room temp for 7-12 hours to presoak.  
Combine with vinegar, honey and sea salt in blender. Add oil and blend further.  
Refrigerate.

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**Homemade crackers**

- Sprouted grain (Ezekial) or rice tortillas
  - Olive oil, organic butter or coconut oil
  - Sea salt, cumin, mixed seasonings (MSG free)
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Brush tortillas with oil. Sprinkle with seasonings. Cut into squares or wedges. Place on cookie sheet. Bake at 250 degrees about 15-20 minutes until crisp and lightly browned.

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**Sunflower Pate****Grind:**

1 c. sunflower seeds

**Add:**

$\frac{1}{2}$  cup whole grain flour/ brown rice flour or wheat germ

$\frac{1}{2}$  cup nutritional yeast

1 tsp. each dried basil, thyme or sage

$\frac{1}{4}$  tsp unrefined sea salt

**Blend separately:**

1 cup water

2 Tbsp apple cider vinegar

3 Tbsp soy sauce

1 medium onion, chopped

2-4 cloves of garlic, chopped

Combine wet and dry ingredients.

**Add:**

1 medium potato, finely grated

6 Tbsp olive oil or melted organic butter

Pour into oiled 9 inch pie plate. Bake at 350 until lightly browned and no longer mushy in centre (about 40 minutes).