



## 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)

### Nutrition

Amount per serving	
Calories	71
Fat	4g
Saturated	1g
Carbs	7g
Sugar	2g
Protein	2g
Cholesterol	0mg
Sodium	167mg

### 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 flavour.

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

**More Flavour,** Add other fresh herbs like coriander, 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.