

Green Goddess Cashew Dip

9 ingredients · 35 minutes · 4 servings



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.

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	70	Vitamin C	12mg
Fat	4g	Calcium	70mg
Saturated	1g	Iron	1mg
Carbs	7g	Vitamin D	8IU
Fiber	1g	Vitamin B6	0.1mg
Sugar	2g	Folate	24µg
Protein	2g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	40mg
Sodium	166mg	Zinc	1mg
Potassium	220mg	Selenium	1µg
Vitamin A	721IU		