



## **Sweet Potato and Chickpeas Dip**

Yields ~ 3-4 cups

1 large Sweet Potato (cooked and peeled)

2 cups Chickpeas, soaked and cooked

1 tsp Curry

1 tsp Garlic powder

3 Tbsp. Tahini

1/2 tsp Cayenne pepper

1/2 tsp Ancho or Guajillo chili powder

3/4 cup water

Add all ingredients to the food processor. Blend well till smooth. Add more water if need it. Enjoy!

# Nut Free Pesto

Yields ~ 1.5 cups

## **Ingredients:**

3/4 cup ground shelled Hemp Seeds

2 Tbsp. Ground Flax Seeds

2 cloves Garlic

3 cups chopped fresh Basil

3 Tbsp. Brewers Yeast (optional)

~1 cup Water

3 Tbsp. Fresh lemon juice

3 Tbsp. Extra-Virgin, cold presses, Olive Oil

Salt & Cayenne pepper to taste

If the seeds need to be ground then add first the seeds to the food processor and grind till they are powdery, then add the basil and the garlic and pulse till basil and garlic is finely chopped. Add the rest of the ingredients and pulse till the pesto is thick but not watery. Stop the food processor from time to time to scrape the bowl. Add a bit more water if need it.

## **Avocado and Carrot Spread**

1/2 ripe large Avocado

1 medium Carrot

1 tsp Lemon juice

1-2 tsp chopped Dill (or about 8-10 fresh springs of Dill)

Add carrot, avocado, dill and lemon juice to the food processor. Blend well till smooth. Enjoy with crackers or on a fresh slice of bread with some tomatoes.

Yields ~ 1 cup