

Veggie Dips

Dips are a fun way to increase your family's vegetable intake. Sadly, most store-bought varieties are filled with unhealthy ingredients.

The following recipes, however, are so healthy that they will actually add to the nutritional profile of your veggies!

Guacamole – quick and simple

3 Avocados

Celtic sea salt to taste

Juice from ~1/3 lemon or 1/2 lime

Thin cross-section slice of red onion, chopped finely

Place all ingredients in food processor and blend well. Modify lemon and salt as you go.

Zucchini Hummus (no beans) This is a nice alternative for those who develop digestive upset after consuming beans/legumes.

2 zucchini, peeled and chopped

4 cloves garlic, crushed

3/4 cup tahini

2 1/2 tsp Celtic sea salt

1/2 cup fresh lemon juice

1/2 Tbsp ground cumin

1/4 cup olive oil

Combine all ingredients in a food processor; blend until thick and smooth.

Serve with slices of cucumber, zucchini, celery or carrots.

Source: [RAWvolution](#), by Matt Amsden

Refried Almonds - texture of refried beans, but raw.... and made with almonds!

1 cup raw almonds; soaked 8-12 hours... then drain

1/2 cup fresh lemon juice

1-2 garlic cloves, crushed

1/4 cup sundried tomatoes; soaked 15minutes then drain & chop

1/4 cup red onion, diced

Pinch of cayenne

Celtic sea salt to taste

Combine well in food processor.

Source: [Raw Foods for Busy People](#) by Jordan Maerin

Salsa

Fresh tomatoes; chop in quarters, remove seeds and the chop in to smaller pieces

Cucumber; slice in half lengthwise, remove seeds and then chop

2-3 Tbsp cilantro, chopped finely

2 garlic cloves, crushed

2-3 Tbsp red onion, chopped finely

1 1/2 - 2 Tbsp lime juice

1-2 Jalapeno peppers, chopped finely (optional)

Celtic sea salt and pepper, to taste

Combine in a bowl and toss well. Refrigerate 2-4 hours, to allow flavours to blend.

Veggies worthy of dipping: red peppers, carrots (not 'baby' or 'mini'), celery, endive, radish, cucumber, zucchini, jicama, broccoli, grape tomatoes, cauliflower, thinly sliced beet & sweet potato (yes, raw!)