



NSK Green Goddess Cashew Dip

4 servings

35 minutes

Ingredients

- 1/4 cup Cashews
- 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 (clove)
- 2 tbsps Red Onion (chopped)
- 1/4 tsp Sea Salt
- 1 Cucumber (sliced)

Directions

- 1 Put raw cashews in a bowl and cover generously with filtered water. Allow to soak for 30 minutes and then drain from the soaking water and rinse.
- 2 Add the soaked cashews, almond milk, basil, parsley, lemon juice, garlic, onion and salt to a food processor or blender. Blend until creamy and smooth, about 3 minutes.
- 3 Taste, and season with more lemon juice or salt if more oomph is needed. See notes for additional fun flavor ideas.
- 4 Serve with cucumber slices and enjoy!

Notes

More Flavor, Add more fresh herbs; tarragon, chives, or even cilantro would all work well. A pinch of crushed red pepper or cayenne will add some warmth! If you're not vegan, add a dash of fish sauce or an anchovy for more traditional tasting goddess flavor, and also to add more depth.

Almond Milk, Use unsweetened milk without vanilla. If you don't have almond milk, use any type of homemade or store-bought milk, or even full fat canned coconut milk. In a pinch, just use water!

Serving Ideas, Serve with raw peppers, radish, zucchini slices, tomatoes or crackers! Even better, dallop it on a skillet meal, sheet pan supper, salad, or a bowl of protein / grains / greens for a creamy flavor-infusion to your favorite simple real food meals.

Foods that Heal, Parsley helps to ease digestive stress like gas, constipation, bloating, indigestion and nausea.