



Spring Pea Dip with Almonds, Ginger, and Cilantro

Yield: 6 servings. Recipe from theorganicdietitian.com.

Ingredients

2 cup frozen green peas thawed
2 inches fresh ginger grated
1/2 cup raw almonds
2 heaping cups fresh cilantro leaves and stems
juice 1/2 lime about 1 tablespoon
pinch salt
2 Tablespoons olive oil

Nutritional info

Calories	469
Fat	37.6g
Sodium	431mg
Carbohydrate	39g
Sugars	4g
Protein	7.4g
Calcium	94mg
Iron	5mg
Potassium	783mg

Directions

1. Add all of the ingredients except the olive oil to a food processor.
2. Pulse everything until finely chopped.
3. With the food processor running drizzle in the olive oil and blend until smooth with a little texture.
4. Serve with crostini, carrot sticks, cucumber slices, bell pepper wedges, radishes, cherry tomatoes, or seed crackers.
5. Store leftovers in an airtight container for up to 5 days.