

CREAMY SPINACH DIP

This recipe is actually NOT for busy people...but it is impressive.

4 cups spinach, chopped

½ cup onion, minced

½ cup red bell pepper, minced

3 Tb lemon juice

2 Tb olive oil

1 tsp salt

1 cup raw cashews, soaked

½ cup pine nuts or cashews, soaked

1 stalk celery, chopped

2 Tb lemon juice

½ tsp nutmeg

¼ tsp each cayenne and black pepper

Marinate the spinach, onion and bell pepper in the lemon juice, olive oil and salt for 30-60 minutes, or until the spinach has softened and reduced. In the meantime, soak the cashews and pine nuts in water for 30 minutes.

Drain the nuts, saving the soak water. In a blender or VitaMix, blend the stalk of celery with the 2 Tb additional lemon juice, all of the excess spinach marinade, and a little soak water. Add the nuts and puree until smooth, coaching the mixture with a spatula from the top if necessary. Mix the spices into the creamy dip by hand, and then add the marinated spinach, onion and pepper. Chill before serving, if possible.

Serve with a variety of dippin' veggies.



From the book,
Raw Foods for Busy People 2: Green Magic!,
by Jordan Maerin