Put-It-On-Everything Dip or Spread

Servings: 10

Serving Size: ¼ cup

Prep time: 15 minutes
(not including advance roasting time for squash)

Cook time: 0 minutes

Total time: 15 minutes

Ingredients

1 cup whole raw almonds

⅔ cup water

⅔ cup drained canned low-sodium white beans (such as cannellini, navy, or great northern beans)

Grated zest and juice of 2 large lemons (about 6 tablespoons juice)

¼ cup avocado oil or sunflower oil

2 tablespoons nutritional yeast

2 large garlic cloves, peeled

2 tablespoons reduced-sodium soy sauce or Bragg liquid aminos or coconut aminos

½ teaspoon chili powder

¼ teaspoon ground cumin

¼ teaspoon ground coriander

½ teaspoon sea salt, or to taste

Directions

1. Place all ingredients except the lemon zest in a high-powered blender, including the spinach, if using. Blend on low speed for 1 minute. Scrape down the sides of the blender. Then blend on high speed until creamy, about 3 minutes more. Taste and blend in your desired amount of the lemon zest.

2. Using a flexible spatula, transfer the spread to a sealable container and chill until ready to serve. Serve in a bowl alongside your favorite crudité platter, sorghum crackers, or fresh baguette. Spread will last in an airtight container in the fridge for up to 3 days.

Tip:

- For bonus plant-based nutrition and intrigue, use iced unsweetened green tea instead of water in the recipe.

Nutrition Information (with store-bought marinara)

Calories 160

Total Fat 13g
  Saturated Fat 1g

Cholesterol 0mg

Sodium 290mg

Carbohydrate 9g
  Fiber 3g
  Sugars 1g

Protein 5g