

APRIL'S RAW VEGAN VEGGIE DIP

Submitted by April Reeder, AKA Sweet Mama, Independent Product Consultant

INGREDIENTS

1 to 5 cloves garlic
16 ounce package of garbanzo beans soaked for one day and then rinsed, OR 15 ounce can of garbanzo beans rinsed
Juice from 2 lemons
5 handfuls of spinach
Red and orange bell peppers (optional)
1 can of black and a variety mix of green and kalamata olives
2 stems of fresh basil
Small bundle of Italian parsley
2 sprigs of rosemary
4 Roma tomatoes
1 teaspoon Real Salt
2 tablespoons Bragg's Vinegar
¼ cup extra virgin olive oil
1 yellow squash
1 zucchini
1 small egg plant
Handful of almonds or pine nuts
Small red onion (optional)

DIRECTIONS | Pulse everything in food processor; then add in:

1 drop dōTERRA oregano oil
2 drop dōTERRA rosemary oil
3 drops dōTERRA clary sage oil
4 drops dōTERRA fennel oil
7 drops dōTERRA basil oil

SERVE | with celery and pita or Terra Chips. Note: Feta cheese would also be great in this.

EDITOR'S TIP: *The essential oils used in this recipe produce strong flavor. We recommend starting with 1 drop first, and then adding more until desired flavor is achieved. It is also helpful to measure essential oils separately to prevent excess drops.*

