

CREAMY CUCUMBER DIP

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ingredients

- 1 1/2 cups raw cashews
- 1 English cucumber (about 1 1/4 pound), peeled and shredded
- 2 tablespoons fresh lemon juice
- 1/4 cup freshly chopped dill
- 2 tablespoons freshly chopped chives
- 2 tablespoons toasted cashew nuts

Method

Soak cashews with enough water to cover for at least 4 hours. Drain. Place shredded cucumber in a strainer and set aside for at least 15 minutes then squeeze out excess liquid. You should have about 1 1/2 cups packed shredded cucumber. Transfer cucumber to the bowl of a food processor. Add drained cashews, lemon juice, dill and chives and purée until dip is smooth and creamy. Garnish with pine nuts and serve.

Nutrition

Per serving (about 1/4 cup): 170 calories (110 from fat), 12g total fat, 2g saturated fat, 0mg cholesterol, 25mg sodium, 12g total carbohydrate (3g dietary fiber, 3g sugar), 6g protein

Tags: No Cook, Wheat Free, Vegetarian, Sugar Conscious, Dairy Free, Vegan, Low Sodium, Gluten Free

