

BELL PEPPER DIP

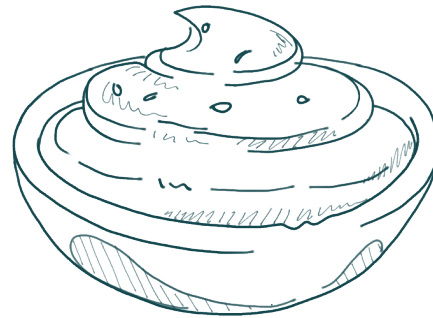
As a good source of Vitamins A, B, and C, bell peppers boost immunity and promote growth in hair, skin, and nails. Before these healthy peppers go too soft and squishy, blend them up with nuts and oil to retain their benefits and produce a tasty dip for carrots or chips!

INGREDIENTS

2 medium **bell peppers** (red, orange, or yellow are best)
1 tsp **cumin**
1 tsp **paprika**
½ cup **walnut** halves
1 Tbs **tomato puree**
¼ cup **extra virgin olive oil**
1 **garlic clove**
2 Tbs **lemon juice**

YIELD 1 CUP

PREP 20 MIN



DIRECTIONS

- 1 Roast bell peppers on grill or over flame until soft and slightly blackened. Set aside to cool.
- 2 Heat olive oil in a pan. When warm, add spices and heat till fragrant.
- 3 Trim peppers and add to blender. Pulse and slowly add all other ingredients.
- 4 Season with salt and pepper to taste. Enjoy warm or cold.
- 5 Store in airtight container in the refrigerator for 1-2 weeks.