

Curry Dip

Ingredients:

- 2 inches raw turmeric root (or 1 Tbsp turmeric powder)
- 2 cups red bell pepper
- Juice of 1 lemon
- 3 cloves garlic
- 1/2 inch ginger
- 3 Tbsp red onion
- 1 cup raw pumpkin seeds soaked 6 hours
- 1 cup raw sunflower seeds soaked 6 hours
- 1 Tbsp curry powder
- 3 Tbsp nutritional yeast
- 1 tsp pink salt
- meat of 1 young thai coconut



Instructions:

1. Place bell peppers, lemon juice, garlic, red onion, turmeric root at bottom of high speed blender, then add other ingredients. Blend to smooth consistency.
2. Enjoy with your favorite veggies as a dip, or add more water when blending and use as an amazing dressing for your salad.