



Green Goddess Dip & Dressing

INGREDIENTS

- 1 cup basil leaves
- 1 cup fresh spinach
- 2 cloves garlic
- 1 small shallot
- 2 lemons; juiced
- ¼ cup olive oil
- ¼ cup unsalted nuts such as cashews, almonds, walnuts or pecans
- 1/3 cup nutritional yeast
- 1 teaspoon salt
- 2 tablespoons rice vinegar

DIRECTIONS

Add all the olive oil, lemon juice, rice vinegar to a blender or food processor first. Then add the rest of the ingredients to the same blender. Blend until your dip/dressing is thick but pourable. Makes 10 servings at 75 calories each.