



Makes 2½ cups dip
Preparation Time: 15 minutes
Cook Time: 15 minutes

INGREDIENTS:

3 medium zucchini, peeled and diced (about 2½ cups)

¼ cup almond flour

½ cup chopped fresh parsley

½ cup chopped fresh chives

½ cup chopped fresh basil

¼ cup chopped fresh dill

2 tablespoons lemon juice

2 cloves garlic, minced

Sea salt and freshly ground black pepper, to taste

Green Goddess Dip

This emerald-green, herb-infused dip makes a nice, light complement to fresh veggies. Serve it with crudité's such as sliced cucumbers, sugar snap peas, trimmed asparagus spears, cherry tomatoes, and strips of bell peppers and carrots. Or use it as a spread on wraps.

By Darshana Thacker Wendel

- 1 Combine zucchini, almond flour, fresh herbs, lemon juice, garlic, and ½ cup water in a blender; blend into a thick dip. Season to taste with salt and pepper.
- 2 Chill dip in the fridge for 1 hour. (It will thicken as it chills.)