



## Cucumber Bites with Cashew-Spinach-Basil Dip

Yield: 1-1/2 cups

### Ingredients:

- 1 cup raw cashews, soaked and drained
- 2 cups spinach
- 1 cup fresh herbs: basil and parsley
- Juice of one or two lemons (depending on how much lemon flavor you want)
- 2 garlic cloves
- 1 tbsp. olive oil
- 1 tsp. sea salt
- water, to thin out as needed

### Directions:

1. Add cashews to a bowl and cover with 1" of water. Soak for about 15 minutes then rinse and drain. (*Soaking nuts increases the natural enzymes and helps provide greater absorption of the nutrients and increases digestibility*)
2. Add spinach, herbs, lemon juice, garlic, olive oil and salt to a blender and combine well.
3. Add cashews to blender and blend all until smooth and creamy.
4. Add water to get the desired thickness.
5. Delicious as a vegetable dip or salad dressing.

### For cucumber bites:

1. Peel cucumber, if desired, and cut into 1" thick rounds
2. Add about 1 tbsp. of cashew-spinach-basil dip on top of cucumber round.
3. Top with a  $\frac{1}{2}$  cherry or grape tomato.