

Tomato Pesto

Ingredients:

125g semi sundried tomato
1 cup of macadamia nuts (or roasted sunflower seeds)
½ cup of fresh basil
1 tsp of nutritional yeast
2 Tbsp of lime juice (or lemon juice)
2 Tbsp of water
Salt to taste

Note: if using sunflower seeds add 100 ml of water

Hummus

Ingredients:

¼ cup of sesame seeds
2 cups of cooked chickpeas
⅓ cup of cashews (or sunflower seeds)
½ cup of water
2 cloves of garlic
2–3 Tbsp of lemon juice
Salt to taste

Macadamia & Avocado Pesto

Ingredients:

1 avocado
1 cup of macadamia nuts (or sunflower seeds)
½ cup of basil
1 tsp of nutritional yeast
2–3 Tbsp of lemon juice
Salt to taste

Method (for Tomato Pesto, Hummus, and Macadamia & Avocado Pesto):

Add all ingredients to a small food processor. Blend until smooth.

Serve with corn chips or vegetable sticks.

Peanut Dip or Sauce

Ingredients:

½ cup of roasted peanuts (ground)
1 Tbsp of fresh coriander (chopped)
3 Tbsp of lime juice (or lemon juice)
½ cup of water
Salt to taste

Method:

Add all ingredients to a small food processor. Blend until smooth.
Serve with skewered vegetables.