

Creamy Dill and Cashew Spread

Yield: 1 cup

Ingredients

½ cup soaked raw cashews (soak in hot water for at least one hour)
3 tablespoons fresh lemon juice
3 tablespoons olive oil
2 cloves garlic
2 tablespoons toasted tahini
3 tablespoons water
2-3 teaspoons raw honey
2 tablespoons fresh dill (chopped)
¼ teaspoon salt
Fresh ground pepper

Method

Add all of the ingredients to a blender or a container and use a hand blender. Blend until smooth, allow the spread to sit in the refrigerator for at least 30 minutes before serving.

My favourite way to eat this is to have it with my Turkish Inspired Chicken Wraps.

Honey and Vanilla
honeyandvanilla.com