

## *Indian Style Spinach*

Great for when you're craving East Indian food.

Serves 2-4

3/4 cup of soaked pine nuts, cashews or macadamia nuts

juice of 1/4 of a lemon

meat from one young Thai coconut (save the water to use as needed)

1 tsp. each of minced ginger and garlic

1 Tablespoon curry powder

1 Tablespoon raw honey

dash of cayenne pepper

Celtic sea salt to taste

Blend above ingredients in a food processor or the [Vita-Mix](#) until very smooth and creamy, adding coconut water if needed for the right consistency. Then add 3-4 cups of fresh spinach and pulse several times until well blended, but not completely smooth. May be warmed for a while in the dehydrator before serving.