

Pumpkin Seed Dip

This is a healthy dip for parties or for snacking. Use a quality healthy mayonnaise made with heart-healthy fats like grapeseed oil in this recipe. Serve with a platter of cut-up vegetables or dried pita bread.

Serves 7



Ingredients:

- 1 small shallot
- 1 garlic clove
- 1 small jalapeno
- 1/3 cup flaxseeds
- 1 cup raw pumpkin seeds
- 1/2 bunch cilantro (or Italian parsley if you prefer)
- 1/4 cup healthy Grapeseed Vegenaise
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- Freshly ground black pepper
- 2 medium oranges, juice and zest
- 1 small lemon, juice and zest
- Paprika
- Extra virgin olive oil

Directions:

Process the shallot, garlic, and jalapeno to a fine mince in a food processor. Add the flaxseeds and pumpkin seeds and process again. Cut the cilantro with scissors into the food processor. Add the mayonnaise, spices, orange and lemon juices and zests, and process to a fine spreading consistency. Add more orange juice if necessary to create a creamier texture. Place in a bowl, and garnish with paprika and a drizzle of olive oil.