

Roasted Red Pepper and Nut Dip

2 carrots, cooked and mashed
2 red peppers, roasted
½ cup almonds, roasted
½ cup cashews, roasted
lemon juice to taste (1-2 lemons)
1 Tbsp sweet chilli sauce

Peel and deseed roasted peppers. Place in a food processor with the carrots, nuts, lemon juice and chilli sauce. Process to a paste. Adjust flavour and consistency with more lemon juice if required. Serve with toasted pita crisps.

Health Habits:

- Making a dip based on vegetables, nuts or legumes rather than cream cheese or sour cream (high in saturated fat)
- While nuts are high in fat, the fats are good for heart health – if you are watching calories, don't eat too much of this
- Serving with low fat crackers or breads rather than chips, corn chips or high fat crackers