



Parsnip dip

(makes about 1 cup)

Equipment:

Mini chopper or food processor



Ingredients

1 medium size parsnip

– peeled & steamed

1/2 cup pumpkin

(kent, butternut etc.)

-steamed -with/without skin

1 tablespoon walnuts

1 teaspoon sunflower seeds

1 teaspoon tahini

1 teaspoon apple cider vinegar

1 table spoon olive oil

Pinch of salt & cumin

1-2 table spoons water

Dry parsley for topping (optional)

Direction

- 1) Crush walnuts and sunflower seeds finely in a mini chopper/ food processor.
- 2) Add the rest of ingredients except for water and process until it get smooth.
- 3) Add water 1 tablespoon at a time and process until it gets ideal consistency.

Note: If you want more creamy/smooth, add some more water.