· WEEKLY RECIPE ·

ROSEMARY GREEN PEA DIP



Looking for a new vibrant-colored and flavored dip for your veggies?

This is the one.

INGREDIENTS

- 20 oz. frozen peas (thawed)
- 2 garlic cloves
- 2 tsp. fresh rosemary
- juice of one lime
- 1 Tbl. extra virgin olive oil
- salt and pepper to taste
- about 1/4 cup water
- raw veggies of your choice:
 - o carrots
 - o celery
 - o radishes
 - o cucumbers
 - o peppers

DIRECTIONS

Thaw frozen peas. Mince garlic. Add all ingredients in a blender or food processor. If more water is needed for a smooth consistency, slowly add a little at a time until your desired thickness. Serve chilled with your favorite veggies.