

Quick Veggie Dip

(C, D, E, S, V, Y)

Ingredients

3 large tomatoes, diced
1 green pepper, finely diced
2 onions, finely diced
½ cup parsley, chopped
½ cup pine nuts, chopped
1 clove garlic minced
5 tbsp apple cider vinegar
4 tbsp flax oil
1 tsp cumin
Salt and pepper to taste
10 organic multi grain pitas

Directions

1. Preheat oven to 350°F
2. Cut pitas into 12 equal parts and bake on baking sheet for 10-15 min, until crispy
3. In a small bowl combine the parsley, garlic, apple cider vinegar, flax oil
4. Combine all remaining ingredients in a large bowl
5. Pour dressing over veggies and mix
6. Serve dip and pita in separate bowls
7. Great as a snack or appetizer
8. Keep remaining dip in an opaque airtight container in the fridge

Dr. Amber McKinnon ND

Le Soleil Health and Wholeness

15; 9353 50 St Edmonton AB T6B 2L5 Phone: 780 414 1466 Fax: 780 414 1460