

# 7-LAYER MEDITERRANEAN DIP



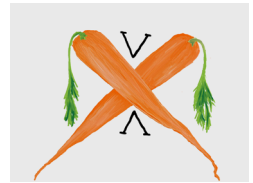
**SERVES:** 10-12

**PREP TIME:** 30-40 MINUTES

**ASSEMBLY TIME:** 10 MINUTES

**TOTAL TIME:** 40-50 MINUTES

THE VARIANT VEGGIE



PLANT-BASED  
NUTRITION.

NEVER BLAND.  
ALWAYS VARIANT.

## INGREDIENTS

1 cup hummus (recipe link below)\*

1 cup non-dairy yogurt, plain and unsweetened (or sub cashew cream)\*\*

1/2 cup roasted red pepper pesto (recipe below)\*\*\*

1 cup cucumber, diced

1 cup cherry tomatoes, diced

2-3 TBSP fresh flat-leaf parsley, chopped

1/4 cup green onions or scallions, chopped

Optional toppings: olives, fresh basil or mint

## METHOD

Prep hummus and roasted red pepper pesto dips.

Beginning with the hummus, layer yogurt, pesto, cucumber, cherry tomatoes, parsley, and scallions in a large bowl or rimmed platter.

Top with any additional ingredients and serve with toasted pita bread. I like to add an extra dollop of pesto to the top for presentation.

This layered dip will stay fresh for 1-2 days, covered and refrigerated, but best when served fresh!

NOTES:

\*Super Simple Hummus recipe

\*\*Cashew cream --> 1 cup soaked cashews, 1 TBSP lemon juice, 1 tsp apple cider vinegar, 1/2 salt, 1/4 - 1/2 cup filtered water, to thin - Blend in a food processor until smooth and creamy.

\*\*\*Roasted Red Pepper Pesto recipe

NUTRITION:

Serving Size: ~1/4 cup Total Calories: 97 Total Fat: 6 g

Sodium: 85 mg Potassium: 67 mg Total Carbohydrate: 9 g

Fiber: 3 g Sugar: 4 g Protein: 3 g