

Ingredients:

*1 Jar Roasted Red
Pepper*

*3-4 Large Cauliflower
florets steamed
until softened*

Sea Salt

Garlic

Basil

Roasted Red Pepper Dip

Directions:

1. Steam cauliflower then process in food processor along with garlic.
2. Process red peppers separately.
3. Combine both in a bowl along with basil and sea salt.
4. Stir all ingredients

Tips: Best if refrigerated for a few hours.

Use as a dip with vegetables or Ideal Protein Crisps.
Great on top of lettuce and Ideal Protein Rotini Pasta
as a satisfying lunch.

