

## Creamy Mediterranean Dip

1 lemon - juiced

½ c. olive oil

1 clove garlic - peeled

2 cans (15.5 oz. each)  
garbanzo beans

1/3 c. chopped pimento-  
stuffed olives

Puree beans, 3 Tbls. lemon juice, & garlic in food processor until smooth. With processor running slowly, pour in olive oil. Stop & stir in olives & transfer to serving bowl. Serve with quartered pita bread, cherry tomatoes, cucumbers, red peppers, broccoli, celery, or use as a zesty sandwich spread! **Or try...**



**Makes: 4 cups**

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## Cool Cucumber Dip

1 c. cashews, raw

1/3 c. lemon juice

1 ½ tsp. salt

2-3 Tbls. honey

1 large cucumber,  
peeled & diced

Blend all until smooth and creamy. Add 1/3 c. water to use as a dressing. Raw brazil nuts may be used in place of the cashews.

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