

Sweet Pea Hemp Dip with Mint

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1/2 cup Manitoba Harvest Hemp Hearts
- 1 1/2 cup fresh or frozen peas
- 1/4 cup fresh mint leaves
- 1-2 garlic cloves
- Juice from 1 lemon
- 1 tbsp extra-virgin olive oil
- 1/2 tsp sea salt

Instructions:

1. If using frozen peas, first thaw them in warm water. Place all ingredients into a food processor or blender and give a whirl until nice and creamy.

Notes:

Yields approximately 2 cups. Enjoy with your favourite crackers.