

# Creamy Cashew Veggie Dip

Recipe by Joy McCarthy from Joyous Health

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## Ingredients:

- 1-1/2 cups raw cashews
- 1/3 cup apple cider vinegar
- 1/3 cup extra-virgin olive oil
- 3 tbsp lemon juice
- 2 tbsp maple syrup or liquid honey
- 1 tbsp onion powder
- 2 tsp sea salt
- 2 garlic cloves, peeled
- 1/4 cup fresh basil
- 1/4 cup fresh parsley

## Instructions:

1. Soak cashews in 1 cup of room temp water for at least 2 hours and drain.
2. Place all ingredients in blender or food processor. Pulse until creamy. Enjoy with crunchy veggie sticks.
3. Dip keeps in fridge for up to a week.

## Notes:

Makes approximately 2 cups.