



Rocket dip (makes about 1 cup)

Equipment:

Mini chopper or food processor

Ingredients:

2 cups fresh rocket

½ cup steamed broccoli

2 tablespoons unsalted natural cashews (and/or other nuts, e.g. walnut, pecan, macadamia etc.)

½ - 1 tablespoon lemon juice

(adjust to your taste)

2 tablespoon extra virgin olive oil

½ teaspoon salt

1 tablespoon pine nuts (optional)



Directions:

- 1) Crush the nuts finely in a mini chopper/ food processor.
- 2) Add the rest of ingredients and process until it get smooth.
- 3) Add pine nuts and process for 10 seconds (not to crush them).

Note:

You can add more/less oil and nuts as you like.

Also if you don't have enough rocket, you could use other greens such as spinach, baby kale or watercress.