

COUNTRY WAY GREEN GOBLIN DIP

TRY THIS GREAT HALLOWEEN THEMED DIP MADE WITH "FLORA'S UDO'S OIL"

This dip is super easy to make and a yummy appetizer for your Halloween party. Feel free to add whatever you like for dipping on the side.



INGREDIENTS

- 100g of green peas
- 50g of edamame beans
- 1/4 cup of "Flora's Udo's Oil Omega 3 + 6 + 9 Blend"
- 2Tbsp of Lemon juice
- 1tsp fresh Lemongrass
- 2Tbsp of Goat Cheese
- 2Tbsp of fresh mint
- Sea salt and pepper to taste

DIRECTIONS

1. Add all ingredients except for Udo's oil to a food processor and pulse until well combined, adding the Udo's oil slowly.
2. Serve immediately with chopped veggies, crackers or chips. Keeps in the fridge for a week.



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