



Trim Healthy

BAOBAB

INFO, RECIPES & VIDEOS



Introducing TH Baobab Boost Powder

Welcome a multi-talented, multi-tasking, multi-vitamin and mineral one-of-a-kind supplement into your life. This ultra-low net carb powder is like a daily “multi,” but it’s 100% real food! That’s why we call it Baobab Boost, because this amazing fruit, grown on the majestic baobab tree, boosts your nutrition in every area. Its citrus and sherbet-tasting dried flesh has five times the fiber of oats and higher antioxidant levels than any food on the planet (8 times that of the super berry acai, and more than both blueberries and pomegranates combined!). It has more than twice the calcium of milk, double the magnesium and iron of spinach, and is loaded with six times the potassium of bananas.

But Baobab Boost is not just about an impressive nutritional résumé. It's rich in prebiotic fiber, which feeds the beneficial bacteria in your gut, while its unique combination of nutrients supports healthy blood sugar and incretin balance, energy, immunity, and metabolism. And with its bright, tangy flavor, it's incredibly easy to work into your day. Stir it into smoothies, yogurt bowls, drinks, or baked goods and let this little powerhouse go to work from the inside out.

Most importantly, Baobab Boost is a delicious way to boost your vitamin C. Having a rich supply of this vitamin can be a game-changer when it comes to fat loss. Clinical studies have found that people with adequate vitamin C levels oxidize up to 30% more fat during exercise than those with low levels. Vitamin C also plays important roles in blood sugar regulation and adrenal function, and helps your body produce and maintain collagen. In other words, this one simple real-food boost brings a whole lot to the table.

Supports Blood Sugar, Energy & Immunity

Builds a Diverse & Flourishing Microbiome

Highest Food in Antioxidants, Rich in Vitamin C, Potassium, & Fiber

Why You'll Love It:

- Rich in natural vitamin C & immune-supporting antioxidants
- Packed with prebiotic fiber to feed a healthy gut
- Supports collagen production, skin health & energy
- Blood sugar-regulating and fat loss-promoting

Suggested Uses:

- Smoothies & Drinks
- Yogurt, Kefir & Cottage Cheese Bowls
- Oatmeal
- Popsicles, Gummies, & Dressings
- Chilis, Soups & Stews
- Baked Goods or Balls, Bites & Bars

Benefits:

- Gluten-Free
- Non-GMO



[Order Your Baobab Boost Powder Here!](#)



Baobab Boost Powder Highlights

This powder is like a daily powerful multi vitamin that is 100% real food. It is the star of one of our favorite Sippers, “Hello Health”, on page 453 of Trim Healthy Table and the title really says it all.

Let's Hit Some Highlights:

- It has the highest amount of disease-fighting antioxidants of all foods on this planet (8 times the amount of acai berries, which are thought to be the king of antioxidant-containing foods).
- It has five times the fiber of oats (this high fiber makes this an FP powder with just 1 net carb per serving).
- It has twice the calcium of milk.
- It has double the magnesium and iron of spinach. It supports hemoglobin production and builds iron naturally and safely, giving energy to worn-out, anemic women.
- It boasts one of the highest vitamin C levels on this planet, with more than 10 times the amount of oranges! Studies show people lacking in vitamin C are fat loss resistant. You need ample vitamin C for healthy adrenal function and fat loss. Vitamin C is also crucial for protein optimization and balance. It enables collagen to work more effectively and safely in the body.
- It slows the absorption of blood sugar dramatically and helps you better digest and metabolize starches, which helps with blood sugar and weight loss.

Trim Healthy Podcast Episodes Baobab Spotlights:



[Episode 45 - NEWSFLASH: Baobab an Ancient Super Fruit](#)

[Episode 85 - Your Crucial Need for Vitamin C](#)

[Episode 168 - This Just in We Have a New #1](#)

[Episode 179 - A Practical & Particularly Crispy Podcast](#)

[Episode 292 - All Things Kefir, Bacteria & Gut Health](#)

[Episode 454 - The Superfood That Changed Everything for Us](#)

Baobab Boost Powder Videos:



[BAOBAB: Trim Healthy Mama Superfood Spotlight](#)

[Trim Healthy Mama: Baobab Boost Powder - Pearl & Serene Introduce Baobab Boost Powder!](#)

[Boost Juice Video](#)

[Boost Bites Video](#)

Boosted Arnold Palmer Sipper (FP)

This sipper uses very few ingredients and tastes like a delicious and refreshing glass of sweet lemon tea! If you've been listening to the [Trim Healthy Podcasts](#), you already know that baobab is a Vitamin C powerhouse boasting one of the highest Vitamin C contents of foods in the world! You need plentiful levels of Vitamin C in your body in order to push through weight loss stalls and it is crucial for the health of your adrenals. Baobab also helps regulate blood sugars, balance insulin, boost metabolism, curb appetite, and reduce gut inflammation. It does all this with a yummy, natural citrusy flavor.

The other star of this drink is oolong tea, which you are already familiar with if you are sipping "[The Shrinker](#)" frequently! Oolong is the strongest fat-burning tea on this planet, while also helping to lower blood sugar levels, combat aging, improve brain power, and containing antioxidants that destroy free radicals. These two ingredients, paired together and sipped throughout the day, will keep you hydrated and energized while providing incredible health and fat-burning benefits!

Makes a 1-quart serving.
(Can be doubled for 2-quart sipping.)

INGREDIENTS:

- 2 oolong tea bags
- 2 Tbs [TH Baobab Boost Powder](#)
- 3 – 4 doonks (or roughly ⅓ tsp) [TH Pure Stevia Extract Powder](#)
- Water
- Ice

INSTRUCTIONS:

1. Steep tea bags in a mug of just off the boil water until the tea has cooled down.
2. Pour tea into a 1-quart mason jar, add baobab powder and stevia and stir well.
3. Add water and ice to fill to the top if you want to sip out of the jar. Alternatively, fill with water only and pour over ice in a separate glass. (The baobab powder does settle at the bottom so you just have to stir a bit each time you pour a glass.)





Boost Juice (FP)

Make this immune-boosting, blood sugar-friendly juice in a jiffy for you and your kids! You can sip on it freely all day to help ward off the blahs and colds or flus, or just sip because it is delicious! Remember, baobab has more antioxidants than any other food on this planet. It has prebiotics for your gut, it tames elevated blood sugar, has 10 times more bioavailable vitamin C than oranges, and also has plenty of natural iron. This helps build the health of your adrenals and, over time, can be a boon for your energy levels.

Single or Multiple Serve

INGREDIENTS:

For a Single Tall Glass:

- Juice of 1 lemon (or the juice of half of a lemon, if you would like it less tart)
- 1 tsp [TH Baobab Boost Powder](#) (can use an extra tsp if desired)
- 1 doonk [TH Pure Stevia Extract Powder](#) or to taste
- 1 cup ice cubes
- Water (enough water to fill your glass to the top)

For a Pitcher Full:

- Juice of 4–6 lemons
- 2 Tbs [TH Baobab Boost Powder](#)
- ¼ tsp [TH Pure Stevia Extract Powder](#)
- Several cups ice cubes
- Water... enough to fill up a pitcher



INSTRUCTIONS:

1. Squeeze the lemon/lemons into a glass or pitcher.
2. Stir in the Baobab Boost Powder and mix well. You can add a small amount of water at this time to properly mix and dissolve the baobab.
3. Add the stevia and continue to mix well.
4. Fill your glass or pitcher with ice and then enough water to fill to the top. Taste for sweetness and adjust to your liking.

Boost Bites (S)

Boost Bites are delicious, immune-boosting protein balls. Make these immune-boosting, blood sugar-friendly protein bites of satisfying goodness in under 5 minutes!! Trim Healthy Baobab Boost Powder is the star of this recipe!

*Serves Multiple

INGREDIENTS:

- ½ cup [TH Baobab Boost Powder](#)
- 1⅓ cup [TH Pristine Protein Powder](#)
- 1 cup unsweetened coconut flakes
- 3½ doonks [TH Pure Stevia Extract Powder](#)
- 3 pinches [TH Mineral Salt](#)
- 4 Tbs extra virgin coconut oil
- 5 Tbs water (either all water, or part lemon juice, or canned coconut milk)
- 1 handful nuts (optional; chopped nuts, goji berries, or finely chopped dried tart cherries)

INSTRUCTIONS:

1. Into your food processor add the baobab powder, whey, unsweetened coconut flakes, Mineral Salt, and stevia.
2. Pulse until combined.
3. Add the extra virgin coconut oil and pulse to combine again.
4. If using the optional chopped nuts, dried unsweetened cranberries or goji berries add them and then pulse again.
5. Add the liquid of your choice and then pulse in short bursts for a few times and then continue to process for about one minute until combined, do not over process.
6. Pour the mixture into a mixing bowl and wet your fingers with some water and start to knead the mixture with your hands until a dough begins to form.
7. Pick up a small piece of the dough and squeeze in your hands to start to form a ball and then continue to roll them in between both hands to form the ball.
8. Roll out all the balls and place them in a lidded container either in the refrigerator or the freezer until ready to eat.

RECIPE NOTES:

If using the optional handful (1-2 Tbsp) of nuts or berries you may need to add a little bit more liquid to make your mixture a bit more workable so you can roll them into little bites or balls.



Bao Bomb Bars (S)

Bomb your mouth with an explosion of lemony, apricoty, mapley and coconuty flavor! Thanks to THM Natural Bursts, those flavors all join the party in one bombastic protein bar. Baobab stars with collagen and whey in to boost your immune system, flood your body with antioxidants, give you energy, support your iron levels, up your vitamin C, supply you with a balanced amino acid protein source and to beautify your skin and hair. This recipe was "featured" first in the Trim Healthy Living eZine: Edition 17.

*Serves 5

INGREDIENTS:

For the Dry Ingredients

- 1 cup unsweetened coconut flakes
- ¼ cup [TH Baobab Boost Powder](#) (plus 1 Tbs)
- ¼ cup [TH Integral Collagen](#)
- ¼ cup [TH Pristine Whey Protein Powder](#) (unflavored)
- ⅓ cup [TH Baking Blend](#) (if you don't have that, 3 Tbs each coconut and almond flour works)
- 2½ - 3 Tbs [TH Gentle Sweet](#)
- ⅛ tsp [TH Mineral Salt](#)

For the Wet Ingredients:

- 2½ Tbs lemon juice (fresh preferred but bottled is okay)
- 1 Tbs water
- 2½ Tbs extra virgin coconut oil
- ½ tsp [TH Natural Burst Apricot Extract](#)
- ¾ tsp [TH Natural Burst Maple Extract](#)



INSTRUCTIONS:

1. In a food processor whizz the dried coconut first into the finest flour consistency the food processor can form.
2. Add all other dry ingredients and whizz to combine.
3. Add wet ingredients and process until a ball forms. This can take several minutes. You might need to turn the machine off and rearrange the ingredients around the blade and down the sides of the container a few times. It may help to use the pulse button at first until everything is whizzing nicely and not stopping due to mixture going up the sides of the processor too much. You'll know the ball is soon to form when the mixture starts to clump and make louder noises. Really, be patient with this.
4. For bars, take mixture out, form into a rectangle shape then cut into bar sizes. For balls simply take pieces of mixture out of processor and roll.

RECIPE NOTES:

- If you prefer slightly less of a tart lemony, flavor, use just 2 tablespoons lemon juice instead of 2½ and 1½ tablespoons water instead of just 1. But if you prefer way out lemon taste... go all 3½ tablespoons lemon, baby!
- The ratio of lemon juice and water is up to you... just make sure you get 3 ½ tablespoons of liquid total.
- Storage - Keep bars or balls in the fridge for a week if you want. If you'd prefer to double recipe you can keep some in the freezer for extended storage.
- Throw bars or balls into zippies to take in your purse to enjoy when you are out and about. They'll keep in your purse for a few days.
- Processing Issues- Depending upon your food processor, it may be that the mixture won't form a ball for you after several minutes. If that happens just process until you can squish the mixture together and form a bar worthy consistency, if so... pop it in a ziplock and squish it all together then form. Also, if it looks like the coconut oil is slipping out of the bars when forming then don't worry, it will go back in when you put the bars in the refrigerator.
- Tartness- If you prefer a tarter lemony flavor, use all lemon juice in place of the water.



Hello Health Sipper (FP)

Hello, energy. Hello, humming metabolism. Hello, glowing skin. Hello, strong bones. Hello, healthy hair. Hello, powerful immune function. Hello Health Sipper!

*Serves: 1-quart all-day sipper

INGREDIENTS:

- ½ tsp [TH Just Gelatin](#)
- 1 Tbs water (cool water, for the gelatin)
- 1 Tbs water (just off the boil water for the gelatin)
- 2 cups water (divided; 1 cup cool and 1 cup cold)
- 2 Tbs [TH Baobab Boost Powder](#)
- 4 - 6 pinches [TH Mineral Salt](#)
- ½ - 1 tsp MCT oil
- 1 - 2 tsp [TH Integral Collagen](#)
- ⅓ tsp sunflower lecithin
- 2 - 3 doonks [TH Pure Stevia Extract Powder](#)
- Juice of ½ lemon
- 2 red mini sweet peppers (or ¼ of a red bell pepper)
- 1 chunk red jalapeño pepper (optional, for us feisty tigers)
- ⅓ tsp [TH Natural Burst Apricot Extract](#) (or pure orange extract)
- Ice cubes (enough to fill a quart jar)



INSTRUCTIONS:

1. Place the gelatin in a 1-cup measuring cup. Add the cool water and stir until dissolved, then add the boiled water and stir. Fill the measuring cup with enough cool water to come to 1 cup and place in the blender. Now fill the measuring cup with 1 more cup cold water and add to the blender. Blend for a few seconds.
2. Add all the remaining ingredients and blend on high until all is creamy and the peppers are completely broken down.
3. Pour this concentrate into a quart jar. Fill to the top with ice, add water only if needed to reach the top, and stir well. Taste and adjust the flavors to "own it" and sip your health into renewal.

RECIPE NOTES:

Hello Health is a gorgeous, vibrant drink that is like sunshine, and sherbet combined. It might remind you of tropical pineapples, with a hint of tart citrus. It has a creamy mouth feel, yet you can sip your heart away on this FP delight all day long and not worry about excess calories, carbs, or fat. It satiates but masterfully helps to sculpt a trim waist. Yippee! The star of our all-day sipper is a superfood powder from the pulp of the baobab fruit. When paired with its costar red capsicum, you have a vitamin C powerhouse drink to help slim you down! “What?” you say. Vitamin C helps weight loss? It is crucial for it actually. Baobab boasts one of the highest vitamin C contents of any food in the world. Red bell pepper, another costar in this drink, is also brimming with vitamin C, containing three times more than an orange! Baobab fruit pulp slows the absorption of blood sugars dramatically.

Sit back. Sip. And enjoy!



Baobab Milk (FP)

Here's a three-ingredient milk drink recipe to help heal your gut, boost your immune system, help you shed weight, and so much more...

You can go straight down to the easy recipe if you detest long intros, but it's best to understand what this is going to do for your health before you whip it up.

We've all read that health starts in our gut. Your gut microbiome (the bacteria in your intestines) affects everything from your immune system to your metabolism and so much more (such as skin and mental health). In fact, 70 - 75% of your immune system is housed within your gut.

If we're going to talk gut health, we need to talk about the African Hadza tribe. They eat one of the most ancient diets on earth (they're still considered hunters and gatherers), and they have astounding health. Modern conditions such as type 2 diabetes and hypertension do not plague them, and scientists believe it is because they have one of the healthiest gut microflorae in the world. It is 40% more diverse than the average gut biome of those of us living in the Western world.

Baobab fruit is the staple food of the Hadza diet. If you haven't heard of baobab yet, it is a fruit that grows on trees in Africa. It is the only fruit that dries into a powder inside its large shell while it is still hanging on the tree. Those are baobab shells you see sitting on the table in front of me, and the white pebble-looking things I'm holding are the pods that the powder naturally dries around. (Image on the next page) This powder is more than a superfood... it is a superfood on steroids because it outshines almost all other foods in multiple ways. It has the most antioxidants of all foods on this planet... so its disease-fighting abilities are through the roof. It is antiviral, antimicrobial, anti-inflammatory, anti-aging, powerfully blood sugar balancing, and skin beautifying and trimming to boot. It is rich in zinc, magnesium, calcium, B vitamins, and many other nutrients.

But more than anything, we need to talk about its vitamin C content. It has 8 - 10 times the amount of vitamin C of oranges, but here's the important part... this vitamin C is highly bioavailable to your body in whole food form, and because baobab is also naturally high in iron. If you lack iron, you can't absorb vitamin C. People deficient in vitamin C have trouble shedding weight, and they often have adrenal problems. Baobab helps weight loss (and boosts your adrenals) through its highly absorbable form of vitamin C, but also through its special fiber. Although baobab is essentially a fruit, it has zero net carbs because it is predominantly fiber. This fiber powerfully balances blood sugar, has been shown in studies to reduce weight, suppresses out-of-control appetite, and keeps you full for longer.

I heard of how the Hadzas mix baobab powder with water to make a citrusy type of milk, which they drink for breakfast daily. Tim Spector, a scientist from Kings College London, went to live with the Hadzas with the intention of following their diet and lifestyle to see if it could change his gut biome. He is a world traveler who has taken 50 other samples of his gut while eating in styles of other cultures, but has never seen his gut health go up or down very much. In just three days of eating like the Hadzas (drinking their Baobab Milk and eating their meat, honey, and berries), he gained over 20% more healthy microbes in his gut. He was astounded.

Personally, I've been using Baobab now for a few years in my Trim Healthy Mama eating lifestyle. I generally have about 3 Tbs a day, and my health has never been better. However, learning about this Baobab Milk and Mr. Spector's experience with it intrigued me. Spector said the Baobab Milk for breakfast left him extremely full, so much so that he wasn't interested in much lunch (although he did eat some since the Hadzas did). I decided to come up with my own Baobab Milk, knowing it could help people increase their gut biome, regulate blood sugar, and suppress over-the-top urges to snack!

Pearl and I talked about this Baobab Milk on last week's podcast but had not finalized it yet. Well, here it is... all the benefits of baobab plus the immune-enhancing, appetite-suppressing, and muscle-preserving benefits of pure CFM Whey protein to enhance the power of this recipe. Whey's creamy and clean bioavailable protein gives the right mouthfeel and strengthening qualities that befit wearing the name "milk".

Baobab Milk is a simple recipe... no need to go complicating it up too much. It is not intended to taste like a shake or a smoothie although it can certainly be jazzed up to "all dat" if you must but I wanted to keep it truer to its tribal origin. It is designed to be light in calories so you can add it to any meal. It tastes a little tart, a bit like an acidophilus yogurt drink and that makes sense due to the positive impact it will have on your gut.

It makes an incredible start to the day by priming your digestive tract (so to speak) but can be sipped with any meal or snack to increase the feeling of satiety. If you want to have Baobab Milk 3 times a day with your meals... go for it! Just know that some people who are not used to Baobab may need to start more slowly as its fiber is very powerful. If you feel a bit bloated at first, just reduce the amount of baobab and work your way up.

I have three variations of Baobab Milk for you here so you can find your perfect cup... like Goldilocks... find your own just right. I prefer the Bare Bones version but that's me... I am not a sweet freak and like to be a food traditionalist. Pearl thought it might be too "naked tasting" for many people, so we created the other two milk options together. For the vanilla versions... if you don't have our flavored whey, you can add just a scant doonk of stevia and a little natural vanilla extract but... honestly... can I be a bit bossy and say again... I don't want you trying to make a big ol' sweet drink out of this... it is milk... it is purposeful... enjoy the natural citrusy, yogurt flavor of its nature and do right by it.



Baobab Milk (FP)

Using a blending stick (or a blender) or a shaker bottle, blend the following ingredients together for just a few seconds (do it too long and your drink will get too frothy)

BARE BONES BAOBAB MILK

(get er' done and down the hatch, not nasty but not exactly for pure pleasure)

- 1 cup pure water
- 1 Tbs [TH Baobab Boost Powder](#)
- 1 Tbs [TH Pristine Whey Protein Powder](#)

TAD SWEET BAOBAB MILK

(sorta yummy, not bad at all)

- 1 cup pure water
- 1 Tbs [TH Baobab Boost Powder](#)
- 1 Tbs [TH Optimized Vanilla Whey Protein Powder](#) (or [TH Optimized Strawberry Whey Protein Powder](#))

CREAMY GOOD BAOBAB MILK

(mmm... like a nice yogurt drink)

- 1 cup unsweetened almond or cashew milk
- 1 Tbs [TH Baobab Boost Powder](#)
- 1 Tbs [TH Optimized Vanilla Whey Protein Powder](#) (or [TH Optimized Strawberry Whey Protein Powder](#))

Can't do dairy at all? Sub the whey powder with Integral Collagen (but you will need a tiny bit of sweetener and flavor to mask the hinting taste of collagen).



Boosted Hoisin Chicken Wraps (S)

This was inspired by a delightful meal from P.F. Chang's restaurant but now it's trimming and healthy! It has just about everything that a THM could want... tasty, healthy protein, delicious fats, leafy greens, and outstanding flavor. Add in the crunch of the water chestnuts and the zing of the THM Baobab Boost powder in the hoisin sauce and you have a doozy of a meal that will make your taste buds and every cell in your body zing! This recipe was "featured" first in the Trim Healthy Living eZine~ Edition 15!

*Serves 4

INGREDIENTS:

For the Wraps:

- 1 Tbs extra virgin coconut oil (or butter)
- 1 lb. ground chicken (or turkey)
- 2 cloves fresh garlic (minced)
- 1 small onion (s) (finely diced)
- 1 Tbs sesame oil
- ¼ cup Boosted Hoisin Sauce (See Recipe Below; only use ¼ cup of the sauce in the meat mixture, you can use the leftover sauce to drizzle on top of wraps)
- 1 Tbs rice wine vinegar (or white vinegar)
- 1 Tbs fresh ginger (freshly grated or ½ tsp of ground ginger)
- ½ tsp [TH Super Sweet Blend](#) (or 1 tsp [TH Gentle Sweet](#))
- Optional: 2 tsp hot sauce (or to your personal taste)
- 1 (8-oz can) water chestnuts (sliced, drained, and chopped)
- 4 green onions (divided; thinly sliced; 2 green onions to be added into the skillet after cooking and 2 green onions for topping the lettuce wraps)
- 1 head butter leaf lettuce (or 1 head of romaine lettuce)



For the Boosted Hoisin Sauce:

- ½ cup Bragg Liquid Aminos (or soy sauce)
- 3 Tbs natural peanut butter (sugar-free)
- 1½ Tbs [TH Gentle Sweet](#)
- 1 Tbs white vinegar
- 1 Tbs sesame oil
- 1 tsp miso
- 1 tsp [TH Baobab Boost Powder](#)
- ¼ tsp garlic powder
- ¼ tsp hot sauce
- ¼ tsp black pepper

INSTRUCTIONS:

For the Chicken Wraps:

1. Place the coconut oil or butter in a skillet and heat over medium heat, add the ground chicken. Crumble the chicken while it is cooking until nicely brown.
2. Stir in the onions, garlic, and sesame oil, cook until onions are translucent or about 2-3 minutes.
3. Stir in the Boosted Hoisin Sauce, rice wine vinegar, ginger, sweetener, and the hot sauce until combined, stirring for about one minute.
4. Add in the sliced water chestnuts and the 2 sliced green onions, stir until combined and water chestnuts are warmed through, about one minute.
5. Remove skillet from heat. Using a spoon place the meat mixture into your lettuce leaves, top with the remaining sliced green onions and if desired you can drizzle with the extra Boosted Hoisin Sauce and serve.

For the Boosted Hoisin Sauce:

1. Place all ingredients in a bowl and whisk together until blended.

Tahinah (S)

Serene chats: "Tahinah is an insanely tasty dip, sandwich spread, or dressing... very similar to hummus, but minus the chickpeas... which means far fewer carbs, so it can fit into S-mode. I discovered this dip on a recent trip to Israel, where it is served with every meal. I loved it so much that we've been enjoying it at home ever since, and now I have Pearl stuck on it too! Most of us think of pumpkin seeds when it comes to foods rich in zinc, that crucial mineral needed for our immune systems. Sesame seeds, the star ingredient in this recipe, have even higher amounts than pumpkin seeds... they're loaded!"

*Serving Size: 1 Multiple-Serve Recipe

INGREDIENTS:

- 1 cup tahini (ground sesame seeds)
- ¾ cup water
- ¼ cup fresh lemon juice
- Fresh garlic (to taste)
- 1 tsp [TH Mineral Salt](#)
- 2 rounded Tbs [TH Baobab Boost Powder](#)
- Black pepper (to taste)
- Ground cumin (to taste)
- Ground coriander (to taste)
- Parsley flakes (for sprinkling on top if desired)
- Paprika (for sprinkling on top if desired)
- Extra virgin olive oil (for drizzling a tiny bit on top)

INSTRUCTIONS:

1. Place all ingredients except for the paprika and dried parsley in a blender and blend for a minute or until mixture thickens.
2. Place the mixture into a bowl and sprinkle with the paprika, dried parsley and a drizzle of extra virgin olive oil.

RECIPE NOTES & SERVING SUGGESTIONS:

To use as a salad dressing, add more water to create desired consistency.

