



ALLERGIES:

No grains
No dairy
No eggs
No gluten
Low disaccharides

Prep time: 5 mins

Cook time: Nil

Serves: makes 2 cups

INGREDIENTS

- 1 cup macadamia nuts
- Juice of 1 lime
- 2 tbsp ginger, grated
- 2 tbsp protein powder
- 1/2 cup olive oil

METHOD

- Soak macadamia nuts in water overnight (or minimum 4 hours).
- Drain nuts and place in blender with all other ingredients, blend until smooth.
- Serve with vegetable sticks or biscuits of choice. (Try my seed crackers)
- Keep refrigerated.

MACADAMIA, GINGER & LIME DIP



- 1 tsp salt
- 1/8 tsp black pepper
- 1/2 tsp chilli powder
- 1 tbsp water