

## Quick Dips

Avocado is a good source of dietary fibre, vitamin C, vitamin K and folate.



### Guacamole Dip

Throw 3 avocados, juice from 1 lemon, 1 small shallot, freshly ground pepper and approx. 3 generous pinches of salt into a food processor and blend. If you desire a chunky texture, mash with a fork. Sprinkle with smoked paprika.

### Beet Dip

Cut 2 or 3 beetroots in half, grease a tray and roast in the oven at 200°C for 40–60 mins. Blend in a food processor with 3 tbsp olive oil, ½ tsp cumin, 3 cloves garlic, 4 tbsp full-fat yoghurt, salt and pepper. You can swap beets for any roasted vegetable – carrot, sweet potato, etc.

### Accompaniments

We recommend serving with dehydrated seed bread (see Alchemy Recipe #8), sweet potato chips, raw veggie twigs or crispy bacon.

For crispy bacon dippers, place a heat-proof cooling rack on a rimmed baking tray and lay your bacon strips on it. Cook at 200°C for 10–20 mins, flipping halfway through. (Save the bacon fat that drips onto the tray in a jar for cooking with. It's a crime to throw away bacon fat!)

# Alchemy Café



In what was once the village post-office, Alchemy Café has put Forth on the map. Regular customers and tourists from far and wide come for a taste of the healthy menu, entirely gluten free. Alchemy supports the local organic industry as much as possible, and uses only fair trade organic coffees and chocolates.



Come in for breakfast, morning tea, lunch and afternoon tea, with a wide range of menu options available. Enjoy coffee, teas, wines and ciders, smoothies, juices, soups, desserts and cakes. It's also a one-stop shop for gifts and all your organic ingredients.



640 Forth Road, Forth  
Open Mon-Sat | 9am-4pm  
Tel. (03) 6428 2013 | 6428 3007  
[www.purplehousenaturaltherapies.com.au](http://www.purplehousenaturaltherapies.com.au)