

Quick Dips 2

Cashews have a high mineral content, including copper, magnesium, phosphorus, manganese, zinc, iron, potassium, selenium and calcium.



Cashew Cheese Spread/Dip

Soak 1 cup cashews for 4 hours (macadamias work well also). Blend in a processor with 2 tbsp lemon juice, 1 tsp salt and a pinch of pepper. Add water to get your desired consistency. For more nutrition, you can add turmeric powder, hemp seeds, maca, etc.

Cashew Hummus

Using the cashew cheese recipe above, add 2 cloves garlic, ¼ cup tahini, 1 tbsp olive oil and 1 small tsp cumin. Blend until smooth. Spoon the hummus into a bowl, drizzle with extra olive oil and sprinkle with smoked paprika to finish.

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.



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