



## Sweet

### Carrot Apricot Dip

Perfect for summer backyard parties, this fetching dip has all the natural sweetness needed to tame a sweet tooth. Serve with sliced sweet vegetables such as red bell pepper and jicama, or spread on your favourite whole wheat toast.

1/2 cup (125 mL) carrot juice  
2 medium carrots, peeled and chopped  
1/2 cup (125 mL) raw unsalted cashews  
1/3 cup (80 mL) dried apricots  
1 tsp (5 mL) yellow curry powder  
1/4 tsp (1 mL) salt

Place all ingredients in food processor or high-powered blender container and blend until smooth. Store in covered container in refrigerator for up to 1 week.

Serves 8.

Each serving contains: 71 calories;  
2 g protein; 4 g total fat (1 g sat. fat,  
0 g trans fat); 9 g total carbohydrates  
(5 g sugars, 1 g fibre); 90 mg sodium >>