

## Recipe

### CREAMY CASHEW RANCH DIP



► Vegan, gluten-free, refined sugar-free, oil-free

► **Yield:** approx. 3/4 cup

**Prep Time:** 5 min

**Soaking Time:** 2 hours or overnight

► **Total Time:** 5 min (excluding soaking time)

#### INGREDIENTS

1/2 cup (65 g) raw cashews, soaked\*  
 1/2 cup (125 ml) unsweetened plant-based milk  
 1/2 lemon, juiced  
 1 Tbsp (15 g) PUL Ranch Mix  
 2 tsp (10 ml) apple cider vinegar

#### DIRECTIONS

1. In a blender, combine all the ingredients and mix until smooth and creamy, scraping down the sides as needed.
2. Transfer to a bowl and serve. Enjoy!

#### NOTES

1. \* if unable to soak cashews for at least a couple hours, a "cheat" is to soak them in some boiling water for as long as you can, even if just a few minutes. This is to soften the cashews, but when soaking longer it also helps our bodies absorb more nutrients. Learn more about that [here](#).
2. **Storage:** store in an air-tight container in the fridge for up to 4 days.

SADIA BADIEI

Hungry for more? Visit [www.pickuplimes.com](http://www.pickuplimes.com)