



Yummm ...

Can a recipe be yummy and good for you too?
You bet – AND it's wheat-free, dairy-free too!
Try this one and you'll be bubbling with joy!

“CHEESY” SPREAD

- 1/2 cup pine nuts
- 1/2 cup macadamia/cashew nuts (or macadamia cashew butter)
- 1/2 cup sunflower seeds
- 1 1/2 cups red pepper
- 2 cloves garlic
- 1/2 peeled lemon
- 1 Tbsp Bragg's or other soy sauce

Put all ingredients in food processor and blend until smooth. Enjoy!

This looks and tastes like a cheddar cheese spread. If you can't find raw macadamia nuts you can use raw cashews with very similar results.



From mindful movement to the tastiest healthy food, Jan Jensen, Nia Black Belt Instructor, has been searching for what makes you feel great for over 30 years. Her creative expertise has danced onto the pages of her *Recipes for Loving The Body You're In* cookbook.

For more info on creating the most vibrantly healthy life go to:

www.niamovesyou.com

Tickle your taste buds - Energize your life!