



Sun-dried Tomato Herb + Chia Spread

1. In a food processor, pulse together cashews, nutritional yeast, milled chia until finely ground.
2. Add tomatoes, olive oil, lemon juice, garlic and basil. Pulse the mixture until it becomes a chunky spread. You can adjust the texture by adding more olive oil or water for a smoother consistency or pulsing less for a more rustic spread. Season with salt and pepper to taste.
3. Transfer the spread to an airtight container and refrigerate for at least 30 minutes to allow the flavors to meld. This will also give the chia time to thicken the spread.

Ingredients

50 g packed sun-dried tomatoes
(in oil, drained)
30 g IntegriPure® Milled Chia Seed
30 g cashews
25 g fresh basil leaves
21 g nutritional yeast
60 mL lemon juice
60 mL olive oil
1 clove garlic
Salt and pepper to taste