

INGREDIENTS:

1 cup of plain Greek yogurt

1 small head of cauliflower, chopped into florets

1 leek, chopped (dark green parts discarded)

2 cloves garlic

2 large bell pepper

4 carrots

3 TBSP olive oil, divided

1 small lemon

2 TBSP fresh herbs (optional, such as dill, parsley, basil, etc.)

1 tsp dried spices (optional, such as smoked paprika, cumin, oregano, etc.)

Sea or kosher salt, to taste

SWAPS: Try any veggies you like for roasting, or use up leftover roasted veggies. Enjoy with any raw veggies you prefer.

ROASTED VEGGIE DIP

SERVES 4

DIRECTIONS:

Preheat oven to 425 degrees. Rub a small amount of olive oil on a large baking sheet and place in oven.

Toss cauliflower, leeks + garlic with 2 TBSP olive oil, plus salt + pepper to taste. Pull hot baking sheet out of the oven, add veggies + then add to oven to roast for 20-25 mins.

Meanwhile, slice bell peppers into strips, and slice carrots on the bias. Set aside.

When roasted veggies are browned + tender, remove from oven.

Add 1 cup of roasted veggies + both cloves of roasted garlic to a blender along with 1 TBSP olive oil, 1 TBSP lemon juice + optional herbs + spices, and blend.

Enjoy with raw veggies!

BLUEPRINT: 1 Cup Roasted Veggies + 2 Cloves Roasted Garlic + 1 Cup Plain Greek Yogurt + 1 TBSP Acid + 1 TBSP Olive Oil + Flavor Boosters.