

Green Dipping Sauce/Hari Chutney

INGREDIENTS

- 1/2 cup filtered water
- 2 cups firmly packed cilantro leaves
- 1 cup firmly packed mint leaves
- 1/4 cup raw unsalted cashews, soaked
- 2 tbsp fresh lime juice, plus more to taste
- 2 tbsp diced red onion
- 2 tsp minced fresh ginger, plus more to taste
- 1 tsp apple cider vinegar
- 1 tsp Celtic sea salt
- 1/2 tsp ground cumin
- 1 small green chili, ribbed and seeded, plus more to taste
- 2 medium cloves garlic

METHOD

1. Place all of the ingredients into the blender jar. Turn the machine to variable for 30 to 60 seconds until smooth and creamy. Tweak the lime juice, ginger, and chili to taste and your hari chutney is ready!

