

# Thai Spinach Dip

Makes 2-1/2 cups dip

*Try this Asian inspired dip, adapted from BHG.com., which is brought to you from our July/August Magazine, I Want To Thrive.*

- 1 c. chopped fresh spinach
- 2 c. homemade SCD yogurt
- 1/4 c. snipped fresh mint
- 1/4 c. finely chopped roasted unsalted peanuts (salted nuts contain starches)
- 1/4 c. legal peanut butter
- 1 Tbs. honey
- 1/2 tsp. salt
- 1 Tbs. roasted sesame oil
- 1 to 2 tsp. crushed red pepper
- Vegetable dippers (such as peeled baby carrots, zucchini slices, cherry tomatoes, and cucumber sticks)

In a medium bowl combine spinach and yogurt. Stir in mint, peanuts, peanut butter, honey, salt, sesame oil and crushed red pepper. Cover and chill for 2 to 24 hours. Serve with vegetable dippers.

