IDEAL PROTEIN
POWERING *life* POSSIBLE

GRILLIN' & CHILLIN' RECIPE DAYS

MOCK-AMOLE

Ingredients:

8 oz Asparagus (34-36 skinny spears, ends trimmed)

1/2 Cup Broccoli florets steamed

3 Tbsp Walden Farms mayo

Juice of 1/2 a Lime

1 1/2 tsp Garlic minced

1/2 tsp Cumin

1/8 tsp Salt

2 Tbsp Red onion diced

2 tsp Cilantro dry

Directions:

1. Steam the asparagus just until soft.

2. Combine all ingredients (except onion).

3. Blend in a food processor until very smooth.

4. Stir in onion (you can omit if desired).

5. Refrigerate until cold. (Or you can steam the asparagus and broccoli in advance and chill them, so your dip will be cold after blending).

6. Serve with Ideal Protein Chili, Crisps or Dorados!

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