



Strength in Plants *By Kate Murray*

# Super healthy dip for the Super Bowl

**E**VERYONE SEEMS to be talking about flaxseeds lately, and with good reason. Flaxseeds have a mild, nutty flavor when freshly ground, and they are extremely versatile.

You can incorporate them into just about any recipe, from salad dressings to smoothies to a sprinkle on your cereal. They are high in omega-3 plant-based fats (as are chia

and hemp seeds) so they pack a nutritional punch.

Flaxseeds also contain polyphenol antioxidants, a powerful preventative measure against cardiovascular diseases.

It's the time of year when we plan to watch the game with friends and bring along some party snacks. But what is it about this less-than-five-ingredient thing? If it's got a label, it's not food, it's something that

is processed.

Real food doesn't come with a label. It grows in nature. You shouldn't need Google to figure out what those ingredients are. Do you know what a "protein isolate" is? Me neither.

Stick with nature. Have some vegetables. Here is a recipe that will help you skip the store-bought dressings and up the nutritional benefits of your Super Bowl party dip.

## Party dip

### INGREDIENTS

- 1/4 cup vegan mayonnaise (I like Follow Your Heart Original Vegenaise because it is non-GMO certified, egg free, and gluten free. You can find this brand in the organic section of most local grocery stores.)
- 2 tablespoons Dijon mustard
- 1 tablespoon lemon juice
- 1-2 tablespoons white wine vinegar
- 1 tablespoon chopped fresh basil (or 1 teaspoon dry)
- 1 tablespoon chopped fresh tarragon (or 1 teaspoon dry)
- 2 teaspoons ground flaxseed (use ground flaxseed meal or grind fresh seeds with a coffee grinder first)
- 1-2 teaspoons capers
- 1 minced garlic clove
- Salt and freshly ground black pepper



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Go natural at your Super Bowl party with fresh vegetables and dip made with flax.

*1 tablespoon horseradish (optional)*

For best results, mix together with an immersion blender.

Kate Murray is certified in plant-based nutrition and the author of "A Silent Cure in My Back Yard." Find more recipes at: [asilentcure.org](http://asilentcure.org).

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