

Sundried Tomato, Cashew and Ricotta Dip

Ingredients:

400g tin Sundried Tomatoes (drain, keep oil)

6 Cloves Garlic, roasted

125g Cashews, toasted

125g Ricotta or reduced fat cream cheese

Chopped parsley

To taste Seasoning



Directions:

Blend garlic, cashews, and little oil until rough, add sundried tomatoes, ricotta and blend until nearly smooth. Adjust seasoning, shouldn't need too much salt, stir through parsley.