



Eternal Health

OPTIMUM NUTRITION AND INSPIRED LIVING

Soy Bean Dip

Ingredients

50g frozen soy beans, cooked according to packaging.
(Isoflavone, genistein, Vitamin K, folate, calcium)

1 small handful rocket, watercress or spinach.
(Vitamin K, Calcium, Vitamin C)

1 small garlic clove crushed
(Vitamin B6, Vitamin C, Calcium, Manganese)

Dash of olive oil (to suit)

Dash of sesame oil
(Vitamin K)

Splash of tamari sauce (or low sodium soy sauce)
(some protein, folate)

Squeeze of orange juice and/or lemon juice
(Carotenoid, beta-cryptoxanthin, Vitamin C)

Grating of ginger

Salt and pepper to taste.

Method

Blend all ingredients together in an food processor or blender. Add more juice, oil, tamari to taste. Serve with mixed crudité's (adding to nutrient value) or serve with oat biscuits.