

7 Layer Vegan Dip

Zesty Taco Cashew Cream:

Method: Soak the cashews overnight (12-24 hours) in purified water at room temperature or in the refrigerator. Drain and rinse well. If you forget to soak your cashews you can do a quick soak by soaking them 1 hour in hot (just off the boil) water for one hour; drain and rinse well. Next, heat the olive oil in a small sauté pan over medium-low heat. Add the 2 garlic cloves to the oil with a pinch of sea salt. Infuse the garlic in the warm oil 10-15 minutes until very fragrant, being careful not to burn the garlic. The garlic will turn a light brown but the oil should not smoke; simply turn off the heat and (carefully) remove the garlic if it starts to burn.

Blend the soaked and rinsed cashews and water in a high-speed blender, like a Vitamix, until smooth. When using this amount of cashews, the blender containers with a more narrow base work best. Once smooth, blend in the olive oil on a low setting. Pour the cream into a bowl. Add the taco seasoning, apple cider vinegar and 1/2 tsp. salt and mix well.

Assemble the dip by starting with the bottom layer:

- Layer #1: 15-ounce can of vegetarian refried pinto beans (I use Amy's brand)
- Layer #2: 1 Large avocado, mashed with a sprinkle of sea salt and squeeze of lime juice. Or, 1 cup prepared guacamole. The real stuff, not the fake green goop
- Layer #3: 1 cup of Zesty Taco Cashew Cream (recipe above),

more or less to preference

- Layer #4: About 3/4 cup of a thick salsa. If your salsa seems watery then strain the liquid out through a fine mesh strainer to prevent your dip from getting soggy
- Layer #5: Shredded iceberg lettuce. The flavor of iceberg is a staple in this type of dish
- Layer #6: Tomatoes + chopped red onion, or 1/3 cup pico de gallo
- Layer #7: Chopped cilantro
- Debatable layer #8: Sliced black olives. These are polarizing, use them at your own risk.

Method: Assemble the dip the day it will be served. Serve with sliced bell peppers, tomatoes, cucumbers and/or your favorite healthy tortilla chips. Tastes great warm or chilled. Will keep in the refrigerator up to one week, but the salsa might get a little watery so it's best prepared the day of.

Recipe from:

<https://www.elizabethrider.com/healthy-7-layer-dip-recipe-dairy-free-2/>

Total time: 30 minutes (plus soaking time for cashews)