



Cleaned-up Layered Nacho Dip

8 servings

20 minutes

Ingredients

- 1 1/2 cups Cashews
- 3 tbsps Nutritional Yeast
- 1/2 tsp Sea Salt
- 1/4 tsp Garlic Powder
- 1/2 tsp Cumin
- 1 1/2 tsps Chili Powder
- 1 tbsp Tabasco Sauce
- 1 tbsp Extra Virgin Olive Oil
- 1/4 cup Water (warm)
- 2 Avocado (ripe)
- 1 Lime (juiced)
- Sea Salt & Black Pepper (to taste)
- 1 can Refried Beans
- 1 cup Organic Salsa
- 1 Yellow Bell Pepper (diced)
- 1/4 cup Black Olives (sliced)
- 1/4 cup Cilantro (chopped)

Nutrition

Amount per serving	
Calories	325
Fat	23g
Saturated	4g
Carbs	26g
Fiber	8g
Sugar	3g
Protein	9g

Directions

- 1 Prepare your queso by combining cashews, nutritional yeast, sea salt, garlic powder, cumin, chili powder, tabasco sauce, olive oil and warm water in a blender or food processor. Blend until smooth and creamy. Add more warm water 1 tbsps at a time if necessary.
- 2 Create your guacamole by mashing avocado in a bowl. Add lime juice and season with sea salt and black pepper to taste. Mash well until creamy.
- 3 When ready to assemble your dip, spread refried beans in the bottom of a glass dish. Add the queso layer, then guacamole, then salsa. Top with diced bell pepper, black olives and cilantro. Serve immediately with brown rice chips or cover and refrigerate.

Notes

Worth the work!: So this one has a few more (okay a lot more!) ingredients than you typically see from our simple & easy recipes, but the layered dip is such a popular one, we couldn't resist sharing a cleaned-up version of it. Impress your clean-foodie friends with this gem!

Meat Lover: Use ground meat instead of refried beans.

Prep Ahead: This can be made up to 1 day in advance. Cover and store in the fridge until ready to eat.

Serve it With: Veggie sticks, sweet potato chips or brown rice chips (check out our Garlic Chili Lime Chips).