

## Spinach Dip

- 1 ½ cups Tofu Mayonnaise (see below)
- 2 cups Tofu Sour Cream (see below)
- 1 pkg Fantastic brand vegetable dehydrated soup mix (to taste)
- 1 can (8 oz) water chestnuts, drained and chopped
- 3 green onions, chopped
- 1 pkg (10 oz.) frozen chopped spinach, thawed and drained.

1. Mix all ingredients together in a mixing bowl. Refrigerate for 2 hours.
2. Serve in a hollowed-out round multigrain bread.
3. Place pieces of bread torn from the center of the loaf, with raw vegetables around the edge, for dipping.

Makes 6 cups.

## Tofu Mayonnaise

- 1 pkg tofu, silken, firm (12 oz.)
- ½ cup raw cashews, pieces
- ¼ c water
- 1 tbsp lemon juice
- ½ tsp onion powder
- 1 tsp garlic powder
- ½ tsp salt
- 1 tbsp dried dill

1. Blenderize all ingredients except dill. Blend until very smooth.
2. Pour mixture into a bowl, add dill, and cover bowl.
3. Refrigerate to chill for a couple of hours to allow flavors to marinate before serving.
4. Use on sandwiches, buns, veggie burgers, or salads, or as a veggie dip.

Makes: 1 ½ cups

## Tofu Sour Cream

- 1 pkg tofu, silken, firm (12 oz.)
- ½ cup raw cashew pieces
- ½ cup water
- 2 tbsp lemon juice
- ½ tsp salt
- ½ tsp garlic powder
- ½ tsp onion powder

1. Place all ingredients into a blender.
2. Blend until very smooth. Pour into a bowl, cover, then chill in the refrigerator for a few hours before serving to allow flavors to marinate.

Makes: 1 ½ cups

*The Optimal Diet, The Official CHIP Cookbook* by Darlene Blaney, M.Sc., N.C.P., Hans Diehl, Dr. H. Sc., M.P.H., F.A.C.N.