

GN - Mediterranean 7 Layer Dip



Ingredients:

- 1 container organic hummus - *store bought or you can make your own!*
- 5.3oz container of plain dairy free yogurt (*I like Kite Hill*)
- 1 clove minced garlic
- 1 T chopped dill
- 1/3 cup chopped cucumber
- 1-2 medium chopped tomatoes
- 1/4 cup chopped scallions
- 1/2 cup chopped artichoke hearts
- 1/2 cup kalamata olives
- 1/2 - 3/4 cup walnut halves
- Squeeze of 1/2 a lemon
- A few T chopped parsley

Preparation:

1. Toast walnuts on low heat until fragrant; roughly chop once cooled
2. *Make the tzatziki:* combine yogurt, minced garlic, dill, cucumber & lemon juice
3. Spread the hummus all over the bottom of a round or square dish
4. Layer the tzatziki over the hummus layer, then top with the tomatoes
5. Add the scallion layer and then the artichoke hearts
6. Next, sprinkle over the chopped olives and then the walnuts
7. Garnish with parsley overtop
8. Serve with carrots, radishes, endives, peppers and crackers of choice