



GAME DAY DIPS!

3 Vegan Favorites!

Here are 3 of my favorite vegan/vegetarian dips– all of which require 5 ingredients or less! They will not disappoint on game day (or any other day)!



VEGAN QUESO

1 cup raw cashews
½ cup almond/cashew milk
⅓ cup nutritional yeast
1 ½ tsp garlic powder
2 tsp lemon juice

- Blend everything together until creamy. The cashews should become completely smooth so let it run for a few minutes. Adjust flavors to taste.
- Serve warm or at room temperature with your favorite dippers or chips!
- Yields about 2 cups.

NUTRITION (per 2 Tbsp)
46 cal | 3g carbs | 3g fat | 2g protein



CHIPOTLE GUACAMOLE

3 avocados
¼ cup minced red onion
1 Tbsp diced chipotle in adobo
1 lime juiced
salt to taste

- Dice/mash avocado as preferred for desired chunkiness.
- Mix together all ingredients, adjusting flavors to taste.
- Serve chilled with your favorite dippers or chips!
- Yields about 1 ½ cups.

NUTRITION (per 2 Tbsp)
83 cal | 5g carbs | 7g fat | 1g protein



BUFFALO DIP

1 15 oz can white beans
8 oz cream cheese/vegan
½ cup buffalo sauce
½ cup nutritional yeast or cheese

- Blend everything together until creamy.
- Chill, serve at room temperature, or for a warm dip transfer to a dish and bake at 350° for 20-25 minutes. Option to stir in shredded chicken or melt additional cheese on top!
- Serve with your favorite dippers or chips!
- Yields about 2 ½ cups.

NUTRITION (per 2 Tbsp)
48 cal | 5g carbs | 2g fat | 2g protein



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