



## Healthy World Sedona Pleasing Your Plant Based Palate

### **Roasted Red Pepper and Walnut Dip with Pomegranate** **Serves 4**

Adapted from [WHOLELIVING.COM](http://WHOLELIVING.COM)

1. Char **3 red peppers** over gas burners or in a broiler, turning frequently. Transfer to a medium bowl and top with a plate. Let cool slightly. Rub off skins and remove stems and seeds. Set aside.
2. Meanwhile, soak **4 pitted dates** in hot water for 10 minutes until softened. Drain.
3. Pulse **1 cup pomegranate seeds** in a food processor. Strain liquid, discarding solids. Return to food processor and add roasted peppers, softened dates, **½ cup walnuts**, and **½ tsp red pepper flakes**. Process until smooth. Slowly add **2 Tbsp. Olive Oil (optional)**. Season to taste with **kosher salt and pepper**.
4. Serve on crackers, pita bread, etc.

### **Roasted Red Pepper Soup**

**\*\*\*I LOVE THIS SOUP – IT'S A FAVORITE\*\*\***

Add **¼ to ½ cup of Roasted Red Pepper and Walnut Dip with Pomegranate** (recipe above) to a **22 oz. jar of Marinara**. Heat and serve.

Presenters: Earl Urwiller and Susan Wolfe

Please visit Healthy World Sedona at [www.healthyworldsedona.com](http://www.healthyworldsedona.com) & on Facebook and become a part of a group that focuses on compassionate plant-based living.