Crudité with cashew and dill cheese dip

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We're all for throwing a plant-based dinner party. Check out this recipe by New Zealand's Little Birds Organic and The Unbakery for a revamped dinner party.

Crudité is one of the original healthy snacks. It wasn't always the most inviting plate at the party but now thanks to these gorgeous bunches of baby vegetables gathered from the farmers' market, it's looking a whole lot more fashionable. These baby vegetables are spread about a bountiful bowl of your own homemade cultured cashew & dill cheese dip, making this a beautiful and delicious eating experience.

Ingredients

- 1 ½ cups cashews (soaked 2–4 hours)
- ½ cup filtered water
- ¼ cup lemon juice
- 2 tsp nutritional yeast
- ⅓ tsp sea salt
- 2 tbsp chopped fresh dill

An assortment of fresh vegetables such as...

- Baby carrots, leaves removed
- Baby radishes, cut in half lengthwise
- Baby turnips, cut in half lengthwise
- Baby courgettes, cut in half lengthwise
- Baby cucumbers, cut in half lengthwise
- Asparagus, root ends removed
- Broccoli, separated into florets
- Cauliflower, separated into florets

Method

Rinse the cashews well and place in a high-speed blender with the water, lemon juice, nutritional yeast and salt. Blend on high until creamy and completely smooth. If you're having trouble getting it smooth, don’t give up – you can stop and push the mixture back down using a spatula and blend again; doing this a few times will help. You can also add very small amounts of extra water to it to help get a smooth consistency.

Taste and adjust seasonings if necessary then pour into a bowl.

Fold through the chopped dill.

Words and recipes by Megan May

Images: **Lottie Hedley**

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