5: Take a Dip (snack/ appetizer)

Dips are a prefect appetizer or afternoon snacks that can be easily paired with you favorite vegetables, crackers, or chips. Test out one of these three recipes, and take a dip into a world full of flavor!

Recipes:

**Guacamole**

**Ingredients**
- 3 avocados - peeled, pitted, and mashed
- 1 lime, juiced
- 1 teaspoon salt
- 1/2 cup diced onion
- 3 tablespoons chopped fresh cilantro
- 2 Roma (plum) tomatoes, diced
- 1 teaspoon minced garlic
- 1 pinch ground cayenne pepper (optional)

**Procedure**
1. In a medium bowl, mash together the avocados, lime juice, and salt.
2. Mix in the chopped onion, cilantro, diced tomatoes, and garlic.
3. Stir in cayenne pepper, if desired.
4. Refrigerate 1 hour for best flavor, or serve immediately!

**Mango Citrus Salsa**

**Ingredients**
- 2 ripe mangos, peeled and chopped
- 1 ripe orange, peeled and chopped
- 1 ripe tangerine, peeled and chopped
- 1/4 cup fresh cilantro leaves, chopped
- 2 tbs. minced red onion
- 2 tbs. lemon juice
- 1 tsp. lemon zest
- pinch of salt
- pinch of black pepper

**Procedure**
1. In a serving bowl, combine the chopped mango, orange, tangerine, cilantro and red onion. Toss the ingredients together to combine.
2. Drizzle the lemon juice over the ingredients and then add in the lemon zest, salt, and pepper.
3. Toss the ingredients until the fruit is well coated.
4. Cover and chill in the fridge overnight, or until ready to serve!

**Sun Dried Tomato White Bean Hummus**

**Ingredients**
- 1 can white beans, drained and rinsed
- 1/2 lemon, juiced
- 2 garlic cloves, minced
- 1/4 cup sun-dried tomatoes, chopped
- 1/4 cup olive oil
- 1/4 tsp. salt
- 1/8 tsp. pepper

**Procedure**
1. Combine the white beans, lemon juice, garlic, sun-dried tomatoes, olive oil, salt, and pepper into a food processor or blender
2. Blend the ingredients until the hummus is completely smooth
3. Adjust the seasoning to your preferred taste
4. Once blended and smooth, transfer the hummus into an airtight container and chill in the fridge until ready to serve!