

**Raw Cashew Red Pepper Spread**

**Ingredients:**

(Use organic ingredients where possible)

* 2 cups whole raw cashews
* 1 cup chopped red bell pepper
* ½ cup chopped celery
* ¼ cup fresh lemon juice
* 2 cloves of garlic
* 1 tsp sea salt

**Method:**

1. In a food processor, add all ingredients and processor until smooth.
2. Stop the processor periodically to scrape down the sides of the bowl with a spatula.
3. Serve immediately or store in a covered glass container in the refrigerator. This keeps up to four days in the fridge.