



# BASIL, LEMON AND PINENUT DIP

## Ingredients

125g cream cheese†  
 1/2 cup basil leaves  
 3 teaspoons toasted pinenuts  
 1 small clove garlic  
 1/2 teaspoon finely grated lemon rind  
 freshly ground black pepper, to taste  
 24 crackers, for serving  
 fresh vegetables, for serving

## Method

1. Place cheese, basil, nuts, garlic, rind and pepper in a food processor and process until smooth and combined. Transfer to a serving bowl, cover and refrigerate until required.
2. Serve dip with crackers and fresh vegetables.

### Serves 6

**Tip:** *This is a simple and delicious dip to serve at a party. Try using the leftovers as a sandwich spread.*

† Choose mostly reduced fat

<b>Your recommended daily serves*</b>	<b>QTY</b>
Milk, cheese and yoghurt and/or alternatives^	
Vegetables and legumes/beans	
Fruit	
Grain (cereal) foods such as breads, cereals, rice, pasta, polenta, noodles, couscous, oats, quinoa and barley	
Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans	

**Notes:**

---



---



---



---



---



---



---



---

\* Recommended by the Australian Dietary Guidelines  
^ Alternatives include soy beverages or beverages made from rice or other cereals which contain at least 100mg of calcium per 100ml.