




GET DIPPED



BRIDGIT ROUGET
NATUROPATH





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Recipes

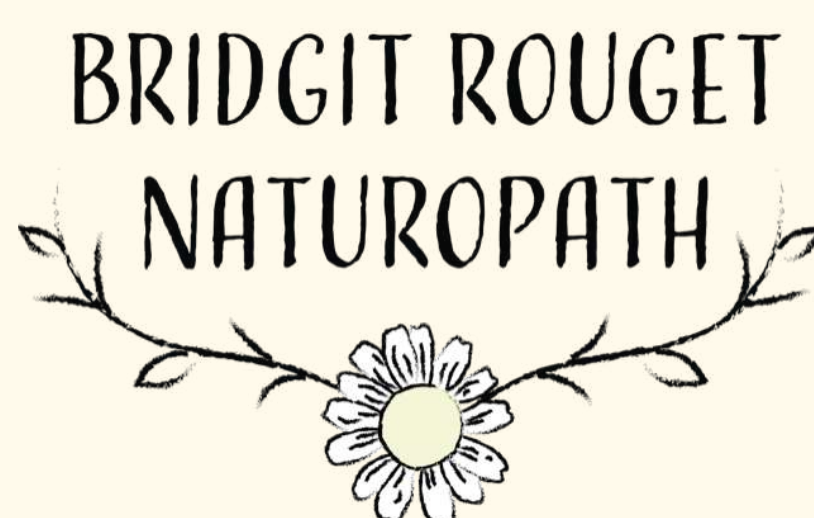
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About Bridgit

Bridgit is a qualified Naturopath who loves using food as medicine. She believes that creating healthy, flavoursome dips is the perfect way to nourish your body and boost nutrition.

They also taste delicious!

Bridgit is available for naturopathic, nutritional and iridology consultations at The Natural Clinic in Somerville, and online.



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TURMERIC HUMMUS

1 can organic chickpeas, drained & rinsed

1 lemon, juiced

2 garlic cloves, crushed

2 tbsp hulled tahini

1 tsp ginger, grated

1 tsp turmeric, grated

2 tbsp olive oil

Salt to taste

1. Add all ingredients to a food processor and blend until smooth
2. If wanting a runnier texture, add an extra 1 tbsp of olive oil or 2 tbsp of water
3. Serve and enjoy

WHY ADD HERBS & SPICES TO YOUR DIPS?

Dips are a great way to get the therapeutic effects of certain herbs and spices into your diet. This hummus for example has the added benefits of garlic, ginger and turmeric.

All of which are beneficial for good gut health. Garlic is a wonderful anti-microbial, ginger can aid in digestion and turmeric has powerful anti-inflammatory effects.



ROASTED BEETROOT DIP

- 4 medium sized beetroots, roasted
- 100g goats/cows/coconut feta
- 5 sprigs thyme
- ¼ cup walnuts
- 3 cloves garlic (roasted)
- 2 tsp olive oil

1. Preheat oven to 180 degrees celsius. Remove and trim roots of beetroots. Place on a baking tray with the garlic cloves, sprinkle with oil
2. Bake for 30 mins, then remove the garlic. Bake the beetroot for a further 30min or until a skewer goes easily through. In the last 10 mins of cooking, add walnuts to the tray
3. Remove from the oven and allow to cool down. The skin should easily peel off (gloves recommended)
4. Cut into a few pieces and put into a blender/food processor
5. Squeeze roasted garlic and all other ingredients in together. Blitz until combined, and smooth as would like

Eat the rainbow!

Getting a wide variety of colours in your diet with insure you are getting a variety of nutrients in your diet.

DUKKAH TOPPED YOGHURT DIP



DUKKAH INGREDIENTS

2tbsp sunflower seeds

½ cup almonds

½ macadamia nuts

1tsp fennel seeds

3tbsp coriander seeds

5tbsp sesame seeds

2tbsp cumin seeds

1 tbsp paprika

2tsp nigella seeds (optional)

1tsp sea salt

½ tsp cracked pepper

YOGHURT DIP INGREDIENTS

Natural Greek yoghurt

½ lemon juice

Olive oil

Low-fat vs. Full-fat

Yoghurt?

Beware than many low-fat yoghurts will have extra additives, such as thickeners and sugar ,than full-fat versions. Remember - sugar makes fat... not fat!

DUKKAH TOPPED YOGHURT DIP CONTINUED...

METHOD

1. Gently roast in a small pan, sunflower seeds, almonds and macadamias at a low temperature for about 3 minutes. Remove from pan and place in a blender/food processor
2. Once nuts have been removed, add and again gently roast this time the coriander, sesame and cumin seeds for about 2 minutes. Remove from pan also place in blender.
3. Pulse
4. Add paprika, sea salt and black pepper, quickly pulse again
5. The dukkah can be in an airtight container if not using all at once.
6. Mix together the Greek yoghurt and the lemon juice, sprinkle dukkah on top with a drizzle of olive oil.

WHAT IS A DUKKAH?

Dukkah is originally a spice combination from Egypt. Not only does it give dishes flavour, it's also a digestive, most of the herbs and spices will help aid in the digestion of your food. As well as the nuts and seeds giving a boost of protein and other nutrients! You can coat your meats, fish, vegetables, even boiled eggs with Dukkah.



AVOCADO PESTO

1 cup packed fresh basil leaves

½ cup parsley

1 ripe avocado

2 cloves garlic

2 tablespoons pine nuts

1 tablespoon fresh lemon juice

3 tablespoons water, plus more if necessary

Sea salt, to taste

Fresh is best!

*I picked fresh parsley from
my garden for this recipe.*

*Try growing some fresh
herbs in your garden or a
pot-plant.*

1. Add basil, parsley, avocado, garlic, pine nuts and lemon juice to a food processor and pulse for 20 seconds or until pesto is chopped. Add in water and process again until completely smooth. You may need to add more water to get it to your desired consistency; I like mine a little on the thicker side. Transfer to a bowl and stir in the cheese.

2. Store in an airtight container or sealed mason jar and refrigerate.

Pesto is best if used within a few days, otherwise you can freeze it for several months.

BLACK BEAN & CORIANDER DIP



1 clove garlic

1/4 teaspoon ground cumin

1/4 teaspoon cayenne pepper

1 can black beans, rinsed well and drained

1/4 cup tightly packed coriander leaves

1 lime juiced

1 teaspoon salt

Combine all ingredients in a food processor & blend until desired texture .

WHY ARE BLACK BEANS SO GOOD?

Black beans are high in protein and fibre as well as packed with nutrients like calcium, iron, magnesium, vitamin B6 and folate. They have been shown to be particularly beneficial in helping strengthen bone and protect the heart.



MANY-SEED CRACKERS

- 1/2 cup chia seeds
- 1/2 cup linseeds
- 1/2 cup sunflower seeds
- 1/2 cup pepitas (pumpkin seeds)
- 1/4 cup sesame seeds
- 2 tsp dried oregano
- 1 tsp salt
- 1 cup water

Just a handful of nuts and seeds can provide you with a whole host of vitamins, minerals, fats and fibre - all of which work together to protect your heart, your brain, digestion, metabolism and overall wellbeing.

1. Preheat oven to 170 degrees
2. Place seeds, salt and spices in a food processor.
3. Pulse quickly to break up seeds
4. Add water in and stir
5. Line a baking tray with baking paper, pour mixture on top
6. Place another piece of baking paper on top. Press mixture with hands out evenly until desired thickness
7. Place in the oven and cook for 30min
8. Remove from oven and cut into desired size. Cool and enjoy