

Sweet & Spicy NuttZo Carrot Dip Recipe + WIAW #5

Description

[NuttZo](#) is mentioned on here quite often, huh? Besides that fact that Iâ€™m a proud [NuttZo Ambassador](#), itâ€™s just *that* good that I have to talk about and share it frequently. Is that such a bad thing? Didnâ€™t think so.

Today I have an easy and delicious NuttZo recipe to share. No baking, rolling anything into balls, or waiting for hours, just a few simple ingredients and a quick blend is all you need. Itâ€™s a super versatile sweet and spicy NuttZo carrot dip!

Weâ€™re already having temps in the mid-80â€™s here in Texas, so avoiding the oven makes sense. The only heat you need is the microwave or stove-top for steaming purposes, but then no more cooking! This recipe can be easily customized into only sweet or only spicy, so have fun and get your NuttZo on!

Sweet and/or Spicy NuttZo Carrot Dip



Ingredients

1 15oz can of chickpeas, drained and rinsed
1 cup steamed carrots; Use pumpkin puree if you donâ€™t have or donâ€™t want to use carrots

1/4 tsp cayenne powder

1/4 cup [smooth NuttZo](#) Original or Power Fuel (You can use crunchy if you donâ€™t mind a little crunch in your dip. Actually sounds pretty good!)

1/8 tsp salt

1 tsp cinnamon; plus more to sprinkle on top (I love the spice from cinnamon!)

Pinch of [pure stevia](#) or 2 packets of stevia (I use [Pyure Sweet](#)); can also use 2-4 Tbsp honey, but I havenâ€™t tried to verify

Easiest instructions EVER

Add all ingredients to a food processor and blend until smooth; scrape down the sides once or twice to get everything.



If you have more of a sweet tooth, nix the cayenne and either add another pinch or packet of stevia or leave as is. Conversely, omit the stevia and add a tiny bit more cayenne to turn up the heat! This would make a perfect game day dip to serve with veggies.

Feel like having something chocolaty? Sub in [Dark Chocolate NuttZo](#) for the original, add a 1/4 cup [unsweetened cocoa powder](#), and leave out the cayenne and viola!



No matter how you make it, this NuttZo dip is sure to please, and it's okay to just eat from the spoon, I do all the time. Oh, and so does Avery. Speaking of, this "dip" can easily become healthy baby/toddler/anyone food.



The evidence is on her chin!

Go ahead, leave your computer/tablet/phone and go make this NOW! Then come back to see WIAW. Thanks to [Jenn from Peas and Crayons](#), for creating this fun link-up for foodies everywhere!

[what I ate wednesday, WIAW](#)

This week the party is being hosted at [Sprint 2 the Table](#), so click on over and join in on the fun!

The morning started with, surprise surprise, [homemade chocolate banana NuttZo bread](#) with more NuttZo on top and the extra free "refill" coffee I got at Starbucks. Yep, still loving that Gold Card!



As usual, I didn't have much to eat until I completed my workout for the day. Today was leg day with heavy dead lifts and squats in my [Soft Star Shoes](#) followed by a core routine and walking with Avery to the playground.



Oops, sorry, that's not food!

Before lunch, I finished the rest of my kombucha from the day before and added a little apple cider vinegar.



Lunch was spaghetti squash with grilled salmon and egg, steamed brussels sprouts and broccoli, and black beans. That hit the spot!



I snacked on a few pieces of [homemade beer bread](#) with butter and [black garlic](#) spread on top to hold me over for dinner. The sweetness of black garlic paired with bread and butter is AMAZING!



Dinner was something I haven't made in a looonnggg time and need to be sure I make it again soon. Slow-cooker pot roast with grass-fed sirloin, red potatoes covered in the red lentil sauce from the crock-pot, and steamed broccoli. My favorite ladies both agreed this needs to happen again very soon.



Naturally, I followed up with a cup full of sweet NuttZo carrot dip and a spoon. Nothing else needed!

Hope you give the carrot dip a try and have a great rest of the week! Happy Hump Day![Linking to the HOST](#)

Are you a fan of dips or like using your fingers for snacking?

What do you think of using steamed carrots for dip?

Have you ever baked bread in the microwave?

Before I'm done, just want to mention I love NuttZo and you MUST try it at least once forever! [Plus, if you go to their website](#) and enter code **liley15**, you can save 15% off your order.

[Brilliant blog posts on HonestMum.com](#)

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