

## 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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