

SHOPPING LIST

DIPPIN DELIGHTS

Ranch Dip & Veggies
Rosemary White Bean Dip
Caprese Skewers with Balsamic Dip
Peanut Butter Dip

PRODUCE

veggies – for dipping
2 bunches fresh rosemary
1 knob fresh ginger
1 apple
1 head garlic
24 cherry tomatoes
1 bunch fresh basil
1 bunch fresh chives
1 bunch fresh dill

DAIRY

6 oz non-dairy milk or cream
2 8-oz containers neufchatel cream
cheese
24 small fresh mozzarella balls
(CilieGINE, or 1 large piece of fresh
mozzarella)
½ cup plain greek yogurt

FROM YOUR PANTRY/GROCERY

2 cans cannellini beans
1/2 cup peanut butter
red pepper flakes
1/3 cup balsamic vinegar
1/4 cup mayo or vegan mayo
1 packet ranch dressing mix
salt
pepper
olive oil

RANCH DIP & VEGGIES

PREP TIME

5 mins

COOK TIME

4-6 hours

SERVINGS

8

INGREDIENTS

- 1 8 oz. package neufchatel cream cheese (1/3 fat cream cheese)
- 1/2 cup plain greek yogurt
- 1 package ranch dressing mix
- 1 Tbsp chopped fresh chives
- 1 Tbps chopped fresh dill
- pinch black pepper

Whatever veggies you want! Delicious with sweet peppers, cucumber, carrots, cherry tomatoes...

INSTRUCTIONS

1. Bring cream cheese to room temperature. Add all other ingredients and stir with a spatula until fully combined.
2. Prepare veggies for dipping.
3. Store dip in refrigerator for up to 1 week. Enjoy!

ROSEMARY WHITE BEAN DIP

PREP TIME

10 mins

COOK TIME

0 mins!

SERVINGS

6-8

INGREDIENTS

2 cans cannellini beans, drained & rinsed
1/4 cup extra virgin olive oil
1/4 cup fresh lemon juice
1 lemon, zested
1 garlic clove, minced or grated
salt & pepper
1 few Tbsp water, if needed
1 Tbsp chopped fresh rosemary

Any dippers you want - assorted veggies, pita, toasts, a spoon... you name it!

INSTRUCTIONS

1. In a food processor, add beans, olive oil, lemon juice and zest, garlic, salt, and pepper and pulse until combined. With the food processor running, slowly pour in water (starting with just a little bit!) until its nice and smooth.
2. Add rosemary and pulse until combined evenly, but you can still see rosemary bits. Enjoy!

CAPRESE SKEWERS WITH BALSAMIC DIP

PREP TIME

10 mins

COOK TIME

0 mins!

SERVINGS

6-8

INGREDIENTS

CAPRESE SKEWERS

2 Tbsp extra virgin olive oil
1/4 tsp red pepper flakes
salt & pepper
1 tsp fresh lemon zest
24 small fresh mozzarella balls (*Ciliegine*, or 1 large piece of fresh mozzarella cut into 1-inch pieces)
24 cherry tomatoes
1 bunch fresh basil
24 fresh rosemary sprigs (or skewers)

BALSAMIC DIP

2 Tbsp extra virgin olive oil
1/3 cup balsamic vinegar
2 cloves garlic, grated
1/4 cup mayo or vegan mayo
salt & pepper

INSTRUCTIONS

1. For balsamic dip: combine all ingredients in a blender, and blend until smooth. Alternatively, whisk all ingredients in a medium bowl until smooth. Keep in fridge until ready to serve!

2. For skewers: in a small bowl, whisk the olive oil, red pepper flakes, salt, pepper, and lemon zest. Add mozzarella, toss to coat, and let sit anywhere from a few minutes to overnight in the fridge.

3. Assemble skewers: strip rosemary leaves off of the bottom third of each sprig ([like this](#)). On each rosemary sprig, thread a cherry tomato, a folded basil leaf, and a marinated mozzarella ball.

4. Place on a serving plate or platter, and serve with balsamic dip. Enjoy!

PEANUT BUTTER DIP & FRUIT

PREP TIME

5 mins

COOK TIME

0 mins!

SERVINGS

8

INGREDIENTS

- 1 8 oz. package neufchatel cream cheese (1/3 fat cream cheese), softened
 - 1/2 cup peanut butter
 - 1/4 cup skim milk (or non-dairy milk of your choice)
- Any dippers you want - apples, berries, pears (celery is delicious too!), chocolate covered pretzels (!)

INSTRUCTIONS

1. In a medium bowl, combine cream cheese and peanut butter until creamy. Add milk until you get your desired consistency.
2. Serve with dippers and enjoy!