



Lightened Up Romesco Dip

Ingredients Needed for Lightened Up Romesco Dip

- 1 slice Aunt Millie's Live Carb Smart Wheat Bread
- 1 jar roasted red peppers, drained (12oz)
- 1/2 cup whole almonds
- 1 tbsp red wine vinegar
- 2 tbsp olive oil
- 2 tbsp chopped parsley
- 1 tsp smoked paprika
- 3 garlic cloves
- 1 tbsp tomato paste
- 1/4 tsp red pepper flakes (or more depending on your preference)
- 3/4 tsp kosher salt
- 1/4 tsp black pepper



Directions for Lightened Up Romesco Dip

Combine all ingredients in a food processor and mix until almost smooth. Taste and adjust salt/pepper. Serve with literally everything!

Eat the rainbow! Such a good motto, and one of the best dips to eat with veggies is this Lightened Up Romesco Dip! It's made with roasted red peppers and almonds. It isn't spicy but has a really great flavor. It is a little smoky, sweet, a little nutty — it's the best. The dip has a bit of a thicker texture so it's great for dipping with veggies or crackers. And the best news: You probably have everything to make this in your pantry! I lightened mine up by using less oil than most recipes call for. You totally don't need it here! I make big batches of this and use it on everything — eggs, sandwiches, wraps, grilled chicken, and veggies...you literally can't go wrong. I made this for a pool party; the perfect light snack for a hot day. I added some whole wheat baguette slices and everything bagel pretzel thins for my non-veggie-loving friends. Are you getting your veggies in today?! I hope you'll give it a try!

Submitted by Stephanie Smith, on Instagram at [@sprinklesandthesmiths](https://www.instagram.com/sprinklesandthesmiths)

