**FRUIT, VEGGIE, CRACKER DIP**

Blend the following in a food processor until smooth. Then refrigerate at least 8 hours to allow the flavors to meld.

8 oz. package of cream cheese, or 6 oz. of cream cheese and 2 oz. of soft brie

2 T. freshly chopped parsley or lemon balm

¼ cup chopped green onions

3 cloves chopped garlic

3 T. flavored vinegar- my preference is raspberry

¼ cup honey

4 T. nutritional yeast

½ t. mustard

¼ cup fresh blueberries

**NUTRITIONAL YEAST**



**I love this stuff. It’s packed full of vitamins and minerals, and supplies the Vitamin Bs that I need daily, and in a health, natural form. It also helps provide energy, helps support the immune system, is good for our nails and hair, and can improve glucose sensitivity.**

**I think it adds a nutty flavor to foods and I add it to eggs, green drinks, meat dishes (after they are cooked), and just about anything that goes onto my plates.**