

Green Goddess Dip

This Green Goddess Dip is not only a treat for your tastebuds but a feast for your good bacteria, providing gut health and immune support benefits.

Infused with **CanPrev's Post-Biotik Immunobiotics**, each serving provides pre-converted nutrients like short-chain fatty acids to nourish the good bacteria in the gastrointestinal tract. Loaded with healthy fats, prebiotics, and a variety of fresh herbs, the synergistic benefits support a thriving microbiome. Serve as a dip, spread on sandwiches or dollop onto a veggie bowl. Enjoy!



Preparation time: 10 mins | Servings: 8



Ingredients

- 1 avocado
- 1 large handful fresh parsley
- 1 large handful fresh basil
- ¾ cup water
- ¼ cup yellow onion
- 2 stalks green onion, ends removed
- 1 tbsp fresh chives
- 1-2 garlic cloves
- 2 tbsp olive oil
- 1 tsp apple cider vinegar
- 1 tsp salt
- ¼ cup lemon juice
- ¼ tsp lemon zest
- ⅛ tsp black pepper
- 2 capsules Post-Biotik Immunobiotics, opened

Method

1. Add all ingredients to a blender except for the post Post-Biotik and blend until desired consistency is achieved.
2. Stir in Post-Biotiks and combine well.
3. Serve as a dip, spread on sandwiches, or dollop on a veggie bowl. Enjoy!

Storage Instructions: Store in an airtight container in the refrigerator for up to 3 days.

Featured Products



Developed by: Cathy Missios



Cathy is a holistic nutritionist, recipe creator, and mom of two. She promotes health through balanced living, creating delicious recipes that support vibrant well-being.

