



INGREDIENTS

- 1 grilled, skinned and chopped red capsicum
- 1 cup of toasted almonds
- 1 bunch of flat leaf parsley, washed and destalked
- 1 cup green pitted olives
- 1 clove garlic minced
- juice of 1 lemon
- 100ml olive oil
- salt to taste

PROCESS

- Blend all ingredients; Serve as a pate with crackers and vegie sticks



toasted almonds



lemon



olive oil



ADDITIONAL

Made in the Ladyship and a rich source of calcium, fiber and gut healing foods.