



Low FODMAP Carrot & Pepita Dip

Serves: 14

Prep: 10 minutes

Cook: 40 minutes



Ingredients	Metric	Imperial
4 extra-large carrots, peeled	660 g	23.3 oz
Olive oil spray		
2 tbsp balsamic vinegar	40 g	1.4 oz
½ cup feta cheese, crumbled	68 g	2.4 oz
3 tsp curry powder	6 g	0.2 oz
¼ cup mix of olive oil and garlic-infused olive oil	72 g	2.5 oz
½ cup pepitas (pumpkin seeds) or low FODMAP nuts (e.g. macadamia nuts)	92 g	3.2 oz
½ cup water + more if required	125 g	4.4 oz
Salt and pepper, to season		

Method

1. Top, tail and peel carrots and cut into 1.5cm pieces.
2. On a baking tray, spray carrots with olive oil, drizzle with balsamic vinegar and toss to ensure the pieces are evenly coated.
3. Roast at 200°C/392°F for about 30 minutes or until the carrot is soft and caramelised.
4. Roast the pepitas at 180°C/356°F for about 8 minutes. When cooled blitz them in a food processor until they are a fine meal consistency.
5. Place all remaining ingredients (except water) into the food processor and blitz until smooth while adding water gradually to achieve a firm and smooth paste. Note, the dip will thicken once it is made.

Hints

- Sri Lankan roasted curry powder is delicious and not normally spicy. Always check the powder's ingredients.
- Spice it up by adding some chilli, turmeric or cumin and coriander. You can also use these as a substitute for curry powder.
- Use garlic infused olive oil with care! Some brands are very strong on the garlic flavour and may overpower the taste.
- Use apple cider vinegar instead of balsamic if you prefer.
- You can easily freeze this dip in either snap-lock bags or airtight containers.
- A small tub of dip is frozen it is great addition to a lunch box!

Nutrition Information (per serve)	
Energy	449 Kj / 107 cal
Protein	3.20g
Carbohydrates	3.80g
Sugar	3.60g
Total Fat	8.20g
Saturated Fat	1.90g
Fibre	3.10g