



# ***CARROT DIP***

## **Ingredients:**

1 lb carrots  
1/2 t sea salt  
1/4 t black pepper  
2 t paprika  
2 garlic cloves, crushed  
2 T extra virgin olive oil  
3 T steamed carrot water (reserved)  
3 T red wine vinegar  
1 T xylitol  
2 T dried parsley  
1/8 t red pepper flakes, or less to taste

## **ESSENTIAL OILS:**

1 drop Wild Orange Essential Oil (additional 1/2-1 drop to taste), 1/2 drop Clove (or another 1/2 drop to taste), 1 drop Cumin, 1/2 drop Coriander

## **Instructions:**

Steam carrots for 10-15 minutes. Reserve 3 T steam water. Let cool. Place everything in a 3 cup food processor or Ninja. Refrigerate for 2 hours and serve at room temperature.