

Dairy-Free Fruit Dip

THM-Friendly: S

- 1/2 cup Joi nut milk base (almond or cashew recommended)*
- 1/3 cup freeze-dried strawberries (not dried fruit)
- 2 Tbsp. THM Super Sweet (honey or maple syrup could be subbed)
- 1/2 cup nut milk (more if you prefer; it will thicken as it refrigerates)
- 2 Tbsp. melted coconut oil**
- 1 Tbsp. baobab
- two pinches of mineral salt
- 1 tsp. vanilla extract

Put all ingredients into a Ninja chopper or your blender and whiz them up.

Chill before serving and store in the refrigerator.

*If you don't need to make this dairy-free, you could sub cream cheese for the Joi base.

**If you want more of a marshmallow consistency rather than a creamy one, you could bloom a tsp. of gelatin in a little bit of cool water and then add that to your melted coconut oil (before you add it to the blender).

en**JOI!**

