



## Layered Nacho Dip

8 servings

20 minutes

### Ingredients

- 1 1/2 cups Cashews
- 3 tbsps Nutritional Yeast
- 1/2 tsp Sea Salt
- 1/4 tsp Garlic Powder
- 1/2 tsp Cumin
- 1 1/2 tps Chili Powder
- 1 tbsp Tabasco Sauce
- 1 tbsp Extra Virgin Olive Oil
- 1/4 cup Water (warm)
- 2 Avocado (ripe)
- 1 Lime (juiced)
- Sea Salt & Black Pepper (to taste)
- 1 can Refried Beans
- 1 cup Salsa
- 1 Yellow Bell Pepper (diced)
- 1/4 cup Black Olives (sliced)
- 1/4 cup Cilantro (chopped)

### Directions

- 1 Prepare your queso by combining cashews, nutritional yeast, sea salt, garlic powder, cumin, chili powder, tabasco sauce, olive oil and warm water in a blender or food processor. Blend until smooth and creamy. Add more warm water 1 tbsp at a time if necessary.
- 2 Create your guacamole by mashing avocado in a bowl. Add lime juice and season with sea salt and black pepper to taste. Mash well until creamy.
- 3 When ready to assemble your dip, spread refried beans in the bottom of a glass dish. Add the queso layer, then guacamole, then salsa. Top with diced bell pepper, black olives and cilantro. Serve immediately with brown rice chips or cover and refrigerate.

### Notes

**Prep Ahead:** This can be made up to 1 day in advance. Cover and store in the fridge until ready to eat.

**Serve it With:** Veggie sticks, brown rice chips, or tortilla chips.

### Nutrition

Amount per serving	
Calories	330
Fat	23g
Saturated	4g
Trans	0g
Polyunsaturated	4g
Monounsaturated	14g
Carbs	26g
Fiber	8g
Sugar	3g
Protein	11g

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Cholesterol	0mg
Sodium	658mg
Potassium	800mg
Vitamin A	499IU
Vitamin C	54mg
Calcium	57mg
Iron	4mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin K	25µg
Thiamine	2.8mg
Riboflavin	3.0mg
Niacin	17mg
Vitamin B6	3.2mg
Folate	73µg
Vitamin B12	12.7µg
Phosphorous	224mg
Magnesium	111mg
Zinc	2mg
Selenium	7µg