



# MEDITERRANEAN LAYERED DIP SHOPPING LIST

## COLES OR WOOLWORTHS

- ☐ 400g cannellini beans
- ☐ 3 tbsp extra virgin olive oil
- ☐ 3/4 cup almond meal
- ☐ 2 tbsp sundried tomatoes
- ☐ 2 tbsp pitted kalamata olives
- ☐ 50g greek style feta cheese
- ☐ 1/2 tsp ground cumin
- ☐ 1/2 tsp smoked paprika
- ☐ 2 tsp maple syrup
- ☐ 1 tsp sea salt
- ☐ Capers for topping

## INDRO FRUIT

- ☐ 1 tbsp fresh dill
- ☐ 1 clove garlic
- ☐ 2 lemons
- ☐ 2 red capsicums
- ☐ 1 small eggplant

Recipe by @jacquitoumbas

# INDRO!

