



Appetizer

For dipping with nachos and fresh veggie sticks or with wheat tortillas (see separate recipe)

Olive Dip

Ingredients for 10 servings:

- 170 g Black olives, pitted
- 3 Anchovies
- 1 Tbsp. Capers
- 1 Dried Peperonci
- 4 Tbsp. Olive oil
- 1 Tbsp. Lemon juice
- Salt
- Black pepper, ground

Coarsely chop olives and anchovies. Mince finely together with the capers, peperoncini pepper, and olive oil in a food processor or blender. Season the paste with lemon juice, salt, and pepper and garnish with olives.

Prep time: About 15 minutes

Per serving:

Joule/Calories: 442/106

Protein: 0,7 g

Fat: 10 g

Carbohydrates: 1 g