

# VEGAN DIPS

## *and Condiments*

### GREEN GODDESS AVOCADO DIP

Ingredients: Avocado, lime, coriander, olive oil, sea salt. Description: Creamy, zesty, and fresh — the perfect green companion for roasted veggies or wraps. Calories: 120 | Protein: 1g | Fats: 10g | Carbs: 6g

### ROASTED GARLIC CASHEW CREAM

Ingredients: Cashews, roasted garlic, lemon, nutritional yeast. Description: Smooth and flavourful — ideal as a spread or warm sauce base. Calories: 130 | Protein: 4g | Fats: 9g | Carbs: 7g

### SUN-DRIED TOMATO PESTO

Ingredients: Sun-dried tomatoes, olive oil, basil, pumpkin seeds, garlic. Description: Rich Mediterranean flavours with a tangy, umami twist. Calories: 140 | Protein: 3g | Fats: 12g | Carbs: 6g

### LEMON TAHINI DRESSING

Ingredients: Tahini, lemon juice, garlic, sea salt, water. Description: Silky and tangy with a nutty richness — perfect for salads or roasted vegetables. Calories: 100 | Protein: 3g | Fats: 8g | Carbs: 5g

### SPICY RED PEPPER HARISSA

Ingredients: Roasted red peppers, chili, cumin, olive oil, lemon. Description: A fiery, smoky North African-inspired condiment that adds depth to any dish. Calories: 80 | Protein: 2g | Fats: 6g | Carbs: 5g

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## COCONUT LIME CREAM

Ingredients: Coconut cream, lime zest, sea salt. Description: Light, tropical, and cooling — pairs beautifully with spicy dishes. Calories: 110 | Protein: 1g | Fats: 10g | Carbs: 3g

## SMOKY EGGPLANT BABA GANOUSH

Ingredients: Roasted eggplant, olive oil, lemon, tahini, sea salt. Description: Smoky, creamy, and satisfying — a Middle Eastern classic reimagined. Calories: 90 | Protein: 2g | Fats: 6g | Carbs: 7g

## FRESH HERB CHIMICHURRI

Ingredients: Parsley, coriander, olive oil, lime juice, chili flakes. Description: Bright and herby with a little kick — adds freshness to grilled or roasted mains. Calories: 70 | Protein: 1g | Fats: 6g | Carbs: 3g

## VEGAN “BUTTER” CREAM SAUCE

Ingredients: Coconut oil, nutritional yeast, turmeric, sea salt, lemon. Description: A rich, buttery-style sauce with golden colour and subtle savory notes. Calories: 120 | Protein: 1g | Fats: 11g | Carbs: 3g

## MISO GINGER DRESSING

Ingredients: White miso, ginger, rice vinegar, sesame oil, maple syrup. Description: A balance of sweet, salty, and umami — a Japanese-inspired flavours enhancer. Calories: 80 | Protein: 2g | Fats: 5g | Carbs: 6g

## GRILLED TEMPEH WITH GINGER-MAPLE GLAZE

Ingredients: Tempeh, tamari, ginger, maple syrup, garlic, sesame oil. Description: Crispy golden tempeh brushed with a sweet-ginger glaze — high protein and satisfying. Calories: 400 | Protein: 22g | Fats: 16g | Carbs: 30g