



Penny Crowther
MID LIFE NUTRITION

Dips, Canapes & Sides

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Roasted Red Pepper Lentil Dip

6 servings

20 minutes

Ingredients

104 grams Dry Red Lentils (rinsed well)
474 milliliters Water
120 grams Roasted Red Peppers (from the jar)
30 milliliters Lemon Juice
22 milliliters Extra Virgin Olive Oil
15 grams Tahini
1 Garlic (small, minced)
1 gram Sea Salt (Pinch)

Nutrition

Amount per serving	
Calories	112
Fat	5g
Carbs	13g
Fiber	3g
Sugar	1g
Protein	5g
Vitamin C	6mg
Calcium	23mg
Iron	2mg
Vitamin D	0IU
Vitamin E	0mg
Folate	2µg
Vitamin B12	0µg
Magnesium	4mg
Zinc	0mg

Directions

- 1 Add the lentils and water to a pan over medium heat. Bring to a gentle simmer and cook for 12 to 15 minutes or until tender. Drain really well to remove excess water.
- 2 Add the lentils and remaining ingredients to a food processor and blend until very smooth. Season with additional salt and lemon juice if needed.
- 3 Serve chilled and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 80g of dip.

More Flavor: Add red pepper flakes for a spicier dip.

Serve it With: Raw veg sticks, crackers or flatbread.

Roasted Peppers: If you can't find jars of ready roasted peppers you can roast your own red peppers instead.



Coriander Lentil Dip

4 servings

30 minutes

Ingredients

208 grams Dry Yellow Lentils
711 milliliters Water
1 Yellow Onion (small, chopped)
2 Garlic (cloves, chopped)
1 gram Cumin
3 grams Sea Salt
16 grams Cilantro (Fresh Coriander)
15 milliliters Lime Juice
59 milliliters Extra Virgin Olive Oil
52 grams Corn Tortilla Chips

Nutrition

Amount per serving	
Calories	391
Fat	17g
Carbs	46g
Fiber	9g
Sugar	3g
Protein	15g
Vitamin C	3mg
Calcium	70mg
Iron	6mg
Vitamin D	0IU
Vitamin E	3mg
Folate	4µg
Vitamin B12	0µg
Magnesium	25mg
Zinc	0mg

Directions

- 1 In a medium-sized pot, over medium heat, bring the lentils and water to a boil. Once boiling, reduce the heat to a simmer. Add the onion, garlic, cumin and salt. Stir to combine. Simmer until the lentils are cooked through, about 20 to 24 minutes. Drain and set aside to let cool.
- 2 In a blender or food processor, add the drained lentils, coriander, lime juice and oil. Process until smooth and creamy, adding water if needed to smooth.
- 3 Serve with tortilla chips and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1/4 to 1/3 cup of dip with 1/2 cup of tortilla chips.

No Tortilla Chips: Use as a dip for crackers, vegetables or pita bread. Use it as a spread on sandwiches.

No Cilantro: Use another fresh herb instead.

No Yellow Lentils: Use red instead.



Balsamic Beetroot Dip

8 servings

1 hour

Ingredients

4 Beet (Beetroot) (medium, peeled, cut into small cubes)
1 Yellow Onion (sliced)
12 Garlic (cloves, peeled)
3 grams Sea Salt (divided)
59 milliliters Extra Virgin Olive Oil (divided)
59 milliliters Water
22 milliliters Balsamic Vinegar
8 grams Parsley (optional, chopped)

Nutrition

Amount per serving	
Calories	92
Fat	7g
Carbs	7g
Fiber	2g
Sugar	4g
Protein	1g
Vitamin C	5mg
Calcium	23mg
Iron	1mg
Vitamin D	0IU
Vitamin E	1mg
Folate	46µg
Vitamin B12	0µg
Magnesium	12mg
Zinc	0mg

Directions

- 1 Preheat the oven to 400°F (204°C). Cut a large piece of parchment paper.
- 2 Place the beetroot, onion and garlic in the centre of the parchment paper and season with half of the salt and half of the oil. Wrap tightly and transfer to a baking sheet. Bake for 40 to 45 minutes or until the beets are tender. Let cool slightly.
- 3 Transfer the cooked beetroot, onions, garlic and all the juices to a blender along with the water, balsamic vinegar, remaining salt and remaining oil. Blend until smooth and silky.
- 4 Serve chilled and garnish with parsley, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is approximately 1/2 cup of dip.

Beets: 4 medium beets are approximately 2 1/2 cups cubed.

Serve it With: Sliced vegetables or crackers or use as a spread.



Black Bean Dip

6 servings

15 minutes

Ingredients

387 grams Black Beans (cooked, from the can)
4 grams Cumin
1 gram Smoked Paprika
30 milliliters Extra Virgin Olive Oil
1 Lime (juiced)
6 grams Sea Salt

Nutrition

Amount per serving	
Calories	130
Fat	5g
Carbs	16g
Fiber	6g
Sugar	0g
Protein	6g
Vitamin C	2mg
Calcium	25mg
Iron	2mg
Vitamin D	0IU
Vitamin E	1mg
Folate	97µg
Vitamin B12	0µg
Magnesium	49mg
Zinc	1mg

Directions

- 1 Add all ingredients to the jar of your food processor and process until very smooth.
- 2 Transfer into a bowl and enjoy!

Notes

Serve it With: Brown rice tortilla chips, veggie sticks or as a spread.

Leftovers: Store in an airtight container in the fridge for 5 days, or freeze for two months or more.



Green Goddess Cashew Dip

4 servings

35 minutes

Ingredients

34 grams Cashews (raw, soaked for 30 minutes and drained)

80 milliliters Unsweetened Almond Milk

21 grams Basil Leaves (roughly chopped)

15 grams Parsley (roughly chopped)

37 milliliters Lemon Juice

1 Garlic (small clove, minced)

20 grams Red Onion (finely chopped)

2 grams Sea Salt

1 Cucumber (sliced)

Nutrition

Amount per serving	
Calories	71
Fat	4g
Carbs	7g
Fiber	1g
Sugar	2g
Protein	2g
Vitamin C	12mg
Calcium	71mg
Iron	1mg
Vitamin D	8IU
Vitamin E	0mg
Folate	23µg
Vitamin B12	0µg
Magnesium	40mg
Zinc	1mg

Directions

- 1 Add the soaked cashews, almond milk, basil, parsley, lemon juice, garlic, onion and salt to a food processor. Blend until creamy and smooth, about 3 minutes. Season with additional lemon juice or salt if needed.
- 2 Serve with cucumber slices and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Add extra lemon juice to leftover dip if needed to brighten up the flavor.

Serving Size: One serving is approximately two tablespoons of dip and 1/4 of a cucumber.

More Flavor: Add other fresh herbs like cilantro, tarragon or chives.

No Almond Milk: Use cashew milk or boxed coconut milk instead.

No Cucumber: Serve with your favorite raw veggies or whole grain crackers instead.



Garlic White Bean Dip

6 servings

5 minutes

Ingredients

364 grams White Navy Beans (Haricot Beans) (cooked, drained and rinsed)
30 milliliters Lemon Juice
800 milligrams Thyme (fresh, torn from the stem)
2 grams Garlic Powder
59 milliliters Extra Virgin Olive Oil
1 Cucumber (sliced)

Nutrition

Amount per serving	
Calories	173
Fat	9g
Carbs	18g
Fiber	7g
Sugar	1g
Protein	5g
Vitamin C	2mg
Calcium	51mg
Iron	2mg
Vitamin D	0IU
Vitamin E	1mg
Folate	89µg
Vitamin B12	0µg
Magnesium	39mg
Zinc	1mg

Directions

- 1 In a food processor or blender, add the haricot beans, lemon juice, thyme and garlic. Blend until the texture is smooth and creamy.
- 2 With the machine running, add the extra virgin olive oil slowly, until incorporated.
- 3 Pour the dip into a bowl and serve with cucumber slices. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is equal to approximately 1/4 cup dip.

More Flavor: Use roasted garlic cloves instead of garlic powder.

Additional Toppings: Add chili flakes or other seasoning if desired.

No Cucumber: Serve with other veggies such as carrots, celery or crackers.



Sweet Potato Crostini with Pomegranate & Goat Cheese

8 servings

35 minutes

Ingredients

2 Sweet Potato (medium, sliced into even rounds)
7 milliliters Extra Virgin Olive Oil
750 milligrams Sea Salt
56 grams Goat Cheese (crumbled)
60 grams Walnuts (toasted and chopped)
35 grams Pomegranate Seeds
1 gram Thyme (fresh, removed from the stem)
21 grams Raw Honey

Nutrition

Amount per serving	
Calories	113
Fat	7g
Carbs	11g
Fiber	2g
Sugar	4g
Protein	3g
Vitamin C	2mg
Calcium	23mg
Iron	0mg
Vitamin D	0IU
Vitamin E	0mg
Folate	11µg
Vitamin B12	0µg
Magnesium	20mg
Zinc	0mg

Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Add the sweet potato slices to a bowl and drizzle the extra virgin olive oil and sea salt over top. Mix well. Place them in a single layer on the sheet and bake for 15 minutes. Flip and roast for 5 to 10 minutes more.
- 3 Remove the sweet potato slices from the oven and top with goat cheese, walnuts, pomegranate, thyme and drizzle with honey. Serve immediately. Enjoy!

Notes

Serving Size: There are approximately two sweet potato crostini per serving.

Dairy-Free: Use a cashew cheese instead of goat cheese.

Nut-Free: Use toasted pumpkin seeds instead of walnuts.

No Pomegranate Seeds: Use dried cranberries instead.

No Thyme: Use rosemary, or another herb of your choice instead.

Prep Ahead: Bake the sweet potatoes ahead of time and then reheat before topping and serving them.



Sweet Potatoes Au Gratin

6 servings

1 hour

Ingredients

2 Sweet Potato
1/4 Yellow Onion (thinly sliced)
30 milliliters Coconut Oil
28 grams Almond Flour
364 milliliters Canned Coconut Milk
5 grams Garlic Powder
2 grams Thyme (stems removed)
5 grams Sea Salt
163 grams Pureed Pumpkin

Nutrition

Amount per serving	
Calories	225
Fat	18g
Carbs	15g
Fiber	3g
Sugar	4g
Protein	3g
Vitamin C	3mg
Calcium	36mg
Iron	1mg
Vitamin D	0IU
Vitamin E	0mg
Folate	9µg
Vitamin B12	0µg
Magnesium	32mg
Zinc	0mg

Directions

- 1 Peel and slice sweet potatoes to approximately 1/8-inch thick or use a mandoline. Thinly slice the onions and set aside.
- 2 Grease baking dish (approx 9 inches square) with a bit of coconut oil.
- 3 Create overlapping layers of the sweet potato slices in the dish and sprinkle the onions between each layer. Continue until all sweet potato and onion is used up.
- 4 Preheat oven to 400°F (204°C).
- 5 In a saucepan, heat coconut oil on medium heat. When melted, add almond flour and whisk for 1 to 2 min.
- 6 Add coconut milk, pumpkin, garlic powder, thyme and salt. Whisk until combined and warm, about 5 minutes.
- 7 Pour the sauce over the sweet potatoes. Top with any leftover sprigs of thyme or a dash of dried thyme.
- 8 Bake in the oven for 40 to 45 minutes, uncovered, until sweet potatoes are cooked through. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving as a side dish, is approximately 3/4 cup.

More Protein: Add pureed chickpeas to the sauce, or top with diced chicken.

Make it Spicy: Add chilli flakes or cayenne pepper.

More Veggies: Add layers of spinach and mushrooms.



Olive Tapenade with Crackers

8 servings

10 minutes

Ingredients

134 grams Black Olives (pitted)
17 grams Capers
15 grams Parsley
1/8 Lemon (juiced)
30 milliliters Extra Virgin Olive Oil
750 milligrams Sea Salt
400 grams Whole Grain Crackers

Nutrition

Amount per serving	
Calories	292
Fat	15g
Carbs	35g
Fiber	2g
Sugar	6g
Protein	4g
Vitamin C	3mg
Calcium	25mg
Iron	3mg
Vitamin D	0IU
Vitamin E	2mg
Folate	55µg
Vitamin B12	0µg
Magnesium	17mg
Zinc	1mg

Directions

- 1 Combine the olives, capers, parsley, lemon juice, olive oil and sea salt in a food processor and blend until desired consistency is reached. Adjust salt and lemon juice to taste.
- 2 Top crackers with the olive tapenade and enjoy!

Notes

No Lemon Juice: Use apple cider vinegar instead.

No Olive Oil: Use avocado oil instead.

Storage: Refrigerate in an airtight container up to 7 days.