



Tomato Dip

Instructions:

Blend the tomatoes in a food processor.
Add the lemon juice, spices, and mix well.
The dip will last in the fridge for a week or two.

Unlimited on the lean protein diet

Prep Time:

10 minutes

Cook Time:

n/a

Ingredients:

6 plum tomatoes

1 TBSP. fresh lemon juice

salt, pepper & onion powder
to taste