



Dip Recipe from Cancer Prevention Diet

Combine the following in a small bowl:

- 1 tablespoon tomato paste
- 2 cloves garlic – crushed
- 1 teaspoon turmeric
- ½ teaspoon pepper
- 2 teaspoons cumin
- 2 teaspoons cranberry and red onion chutney (any chutney will do but cranberry is extra good).

Great as a pre-dinner dip with raw broccoli, cauliflower, carrot, snow peas etc. Also good with meat and steamed veggies for a main meal.