



FOOD FOCUS

PESTO & DIPS

(with 9 bonus recipes)

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Pestos and dips

Often mistaken for sauces and stews but Pestos and dips are very different. With unique ingredients and consistencies lets explore this very tasty and highly nutritious duo.



Pesto

Pestos have a signature look; usually green in color and having a very distinctive taste.

This iconic green medley is usually paired with pastas or bruschetta (grilled bread topped with garlic and olive oil).

From the year 25 CE, a Latin poem describes Pestos as the pounding together of:



Herbs

basil,
parsley,
spinach sorrel
baby chard
sage
marjoram,
cilantro mint
carrot tops
(carrot leaves),
blanched,
drained and
cooled kale or
chard, scent
leaves,
spring onions

Cheese

Parmesan,
Gouda,
Pecorino,
Romano,
Asiago, Aged
manchego,
or other
hard, salty
cheeses

Oil

olive
oil, avocado
oil, almond
oil, sesame
oil, coconut
oil

Vinegar

white
vinegar,
apple cider
vinegar

Nuts

walnuts,
hazelnuts,
almonds,
pistachios;
pecans,
sunflower
seeds, and
macadamia
nuts

These
usually serve as the staple ingredients
for a pesto but overtime chefs and
culinary experts have increased its
nutritional density by creating many
variations.

Some of these variations include:



Pistou:

This pesto
is usually paired with white
beans and vegetables. It
doesn't contain nuts and
cheeses and makes for a
great alternative for those
with nut or dairy
allergies. Pistou is more
intensely garlicky and less
creamy than the classic pesto.

Picada:

this kind of Pesto contains blanched peeled almonds (sometimes toasted) and/or hazelnuts or pine nuts; garlic; flat-leaf parsley; and olive oil. Other common additions include black pepper, bread (soaked in milk or vinegar and/or fried), roasted chili peppers, and paprika..



One of the great benefits of Pestos is its fast prep, no heat cooking method. The ingredients are usually chopped finely then pounded or blended together to form a thick paste. Pestos can also be lightly steamed depending on the water content of the vegetables used; especially if it was blended with water.

Tips for making the perfect pesto



Always use fresh herbs-dried herbs taste very different and would require the addition of water to rehydrate them. The natural juices and liquid in fresh herbs are needed for the creaminess of a signature pesto.

Be gentle with the herbs-try not to over process when using a blender. Use the pulse option on the blender if you are not going to add water or use a food processor. This helps to retain more nutrients and the color of the herbs used.

When preserving left over Pestos freeze or refrigerate the pesto submerged in oil. It helps retain the rich color and taste.



Beef Pesto (heat method)

INGREDIENTS

- Minced meat
- Agas wholesome meat seasoning
- Agas wholesome oregano leaves
- Salt to taste
- 1 clove of garlic
- 1 small onions, 2 small rodo
- 1 tbspn My first meals nut mix
- Coconut oil
- Spring onions, Scent leaves
- Carrots, Green bell pepper

INSTRUCTIONS

- In a pan saute the ground beef with the spices and cook till done. Set aside
- In a blender add all the ingredients except the cooked minced meat and blend till well combined
- Pour into the pot with the ground beef and stir till well combined.
- Keep the heat on low and steam for 2 mins
- Serve with choice of pasta or grains like couscous



Spinach/ugu Pesto (no heat method)

INGREDIENTS

- 2 cups Fresh Spinach Leaves/ugu leaves
- 1/2 cup Fresh Basil Leaves/scent leaves
- 1/2 cup myfirstmeals nut mix
- 2 Cloves Garlic,
- Agas wholesome baobab ranch seasoning
- 1 Tablespoon Fresh Lemon Juice,
- 1/4 cup Olive Oil,
- 2 Tablespoons Ricotta/Gouda Cheese.

INSTRUCTIONS

- Add all the ingredients except olive oil into a blender or food processor. Blend till combined.
- While blending, slowly add in the oil till well combined.
- Keep the heat on low and steam for 2 mins
- Serve with choice of pasta or grains like couscous



Dips

A dip or a dipping sauce is a common condiment for many different types of food. Dips have a thick texture designed to make it convenient to be scooped with food as its vehicle.

They are a great way improve the texture and flavor of very dry or fried foods.

Infact, dips are so versatile that they can even be eaten with fruits or used a spread in sandwiches or wraps. Dips get their name from the actual fact that they are not mixed in directly with a particular food but instead the food is put, dipped or added into the dipping sauce before being eaten.



Dips are commonly used for finger foods, appetizers, and other food types; and are a great way of increasing the nutrient density of a meal and adding variety to how a child enjoys their meals.

There are over 1,000 kinds of dip which are grouped in 2 major categories



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- **Sweet dips** – these are dips that are usually served with desserts or breakfast foods. They are a great way to get children to eat meals they normally wouldn't and encourage better eating practices; especially during breakfast.

Examples of these are chocolate dips, yoghurt dips, buttercream frosting dips, apple dips e.t.c

Here are some great sweet dips that are healthy and can be eaten as a puree or paired with baked or breakfast foods.



Homemade Nutella

INGREDIENTS

- 2 tbspn of nut/seed butter
- 1 tbspn of honey/dates paste/dates sugar
- 2 tbspn of Agas dates Choco powder or 1 tspn of raw cocoa

INSTRUCTIONS

- In a bowl over boiling water, mix the honey/dates sugar/dates paste with the nut butter till well combined and fluffy
- Add in the dates choco/cocoa powder and stir till well combined.
- Refrigerate and use cool.
- Can be paired with bread/ pancakes or French toast fingers



AGB yogurt dip

INGREDIENTS

- Apple and grapes sauce
- 1 tbspn of Agas wholesome baobab sugar
- ½ cup of somethinglite yoghurt

INSTRUCTIONS

- Peel the back of the apples, cut and steam for 5 mins.
- Wash grapes with water and vinegar
- Blend together with grapes into a puree
- Mix with greek yoghurt and serve with fruits or carrots



Honey nutty cheesecake dip

(can also be used as a spread)

INGREDIENTS

- 2 tbspn something lite yoghurt
- 1 tbspn cream cheese
- 1 tbspn spoon Agas wholesome honey
- 1 tspn My first meals nut mix
- Pinch of Agas wholesome cinnamon

INSTRUCTIONS

- Mix all ingredients above together and spread on toast or use for making roll-ups



- **Savoury Dips** – These refer to dips that have salty or spicy flavors. They are great for snacks and fried or grilled foods.

They are a good way of introducing vegetables and new foods into your child's meals; without dealing with the fuss of being picky.

Just pair them with your child's favorite fried or grilled foods and watch your child get complete meal just with a few dips.



Examples of these include, Homemade mayo with suya spice, spinach/ugu dip, hummus, barbacue yoghurt dip, bambara and spices dip e.t.c

Here are some great savory dips that are healthy and can be eaten as a puree or paired with fried or grilled foods.





Hummus dip

INGREDIENTS

- 1 cup dried chickpeas soaked in water overnight
- 1/4 teaspoon bicarbonate of soda
- 1 clove of garlic
- Agas wholesome baobab ranch seasoning
- ¼ tspn of thyme 2 lemons juiced
- 1 tbspn of olive oil

INSTRUCTIONS

- Rinse and drain chickpeas, then place in a saucepan.
- Cover with cold water, then stir in bicarbonate of soda; this helps soften the chickpeas. Bring to the boil over high heat, then reduce heat to medium and simmer for 50 minutes or until tender.
- Drain chickpeas but reserve ½ cup of the liquid.
- Cool slightly, then process in a food processor until smooth.
- Add garlic, olive oil, lemon juice, seasonings, and then process until very smooth.
- If the hummus is too thick, add reserved cooking liquid, 1 tablespoon at a time, until it has reached the desired consistency. (Hummus thickens as it cools, so check the consistency just before serving.)
- It will keep in an airtight container in the fridge for up to 1 week.
- Best served with Bread, potato chips or chicken strips



Roasted bell pepper dip

INGREDIENTS

- 1 red bell pepper
- 1 green bell pepper
- 1 yellow/orange bell pepper
- 1 medium onions
- 1 tbspn Agas wholesome barbecue rub seasoning
- Oil of choice (Machi Tallow, coconut oil, olive oil e.t.c) melted

INSTRUCTIONS

- Cut and deseed the bell peppers and onions into large chunks
- Place them on a baking pan and drizzle the oil of choice
- Add 1 tbspn of agas wholesome barbecue rub seasoning
- Place the peppersnin the over and roast for 7 mins
- Place the bell peppers and onions in a blender and blend till smooth
- Add oil of choice if the puree is too thick.
- Great to serve with potatoes, yam, or plantain
- Best served with Bread, potato chips or chicken strips



Mint and Cucumber dip

INGREDIENTS

- 1/2 cup of Something lite greek yoghurt
- 2-3 Mint leaves
- 1 Teaspoon Lemon Juice
- 1/4 cup Grated cucumber
- Salt

INSTRUCTIONS

- Mix all ingredients above together and spread on toast or use for making roll-ups



Keyonaise spicy dip

(great for making shawarma)

INGREDIENTS

- 2 tbspn of homemade ketchup
- 1 tbspn onions and pepper puree
- 1 tbspn of homemade mayonnaise
- 1 tspsn of myfirst meals nutty mix
- Salt to taste
- ¼ tspn of vinegar
- 1 tbspn of oil of choice

INSTRUCTIONS

- To make the onions and pepper puree; blend 1 onions and pepper till smooth
- In a pan add in 1 tbspn of onions and pepper puree and stir for 3 mins.
- Turn off heat and add in the ketchup, mayonnaise and nut mix and stir till well combined.
- Add in the seasoning and serve.



**Which of
these
Dips or Pestos
would you be
trying soon**



YOU ROCK!



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