



# THREE SISTERS DIP

YIELDS 1 QUART

## Ingredients

- 1 can golden hominy, drained & rinsed
- (or 2 cups cooked hominy)
- 1 can white beans, drained & rinsed
- (or 2 cups cooked white beans)
- 1 cup roasted winter squash, packed
- (or ½ can pumpkin puree)
- 1 tsp cumin
- 2 tsp sumac
- 2 tsp fresh lemon juice
- 2 tsp salt
- ½ tsp pepper
- 3 whole cloves garlic
- ½ cup sunflower oil
- Toasted sunflower kernels

## Directions

- Place the avocado oil and garlic cloves in a small saucepan over medium heat. Bring to a simmer and cook on low until the garlic is just turning golden and is soft all the way through. Remove from the heat and set aside to cool.
- When the roasted garlic has cooled, combine all ingredients in the food processor and puree until very smooth. Store in a tightly sealed container in the fridge for up to one week. Sprinkle with toasted sunflower kernels to serve.