



*Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit*

## **Olive Tapenade**

### **Ingredients**

1 ½ Cup Pitted Olives (I like to us kalamata olives but feel free to try other olives, if they are brine-cured)

¼ Cup Capers

2 Teaspoons Chopped Parsley

2 Cloves Roasted Garlic

2 Lemons, Juice Only

½ Teaspoon Black Pepper

1 Teaspoon Anchovy Paste (Optional)

¼ Cup Extra Virgin Olive Oil

Himalayan Salt to Taste

Place olives, capers, parsley, garlic, lemon juice, black pepper, and anchovy paste, if using, in a food processor. Blend until coarsely chopped.

Add olive oil and blend until a coarse paste develops. Be sure to leave olive chinks; do not over blend. Add salt to taste.

Make 6 servings, ~2 Tbsp. each



Food Energy Plant

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