

Creamy Kimchi Dip

Nutrition Naturally Forever

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Creamy Kimchi Dip

Nutritional Insights

Probiotics for your microbiome

Kimchi and Greek yoghurt provide beneficial live cultures that help nourish a diverse and resilient gut microbiome. A healthy gut plays an important role in hormone balance, digestion and immune health.

Fibre to feed beneficial bacteria

Serve this dip with a colourful selection of fresh vegetables to increase fibre intake and feed the friendly bacteria that help your microbiome thrive.

Plant diversity

Every different plant contains unique fibres and polyphenols. Building diversity into your meals supports the gut ecosystem, which is increasingly recognised as an important part of overall hormone health during menopause.

Healthy fats for satisfaction

Sesame oil and cream cheese provide satisfying fats that help create balanced meals while supporting the absorption of fat-soluble vitamins.

Ready to make healthy eating feel effortless?

Imagine opening your cupboards knowing you always have the ingredients to create nourishing meals.

Download my **FREE Menopause Pantry Resource** and discover:

- ✓ The Menopause Pantry Principles
- ✓ A practical pantry checklist
- ✓ Tips to help you thrive through menopause with real food

☐ **Get instant access**

Creamy Kimchi Dip

7 ingredients · 10 minutes · 10 servings



Directions

1. In a food processor, combine the kimchi, yogurt, cream cheese, sesame oil, and lemon juice. Pulse until slightly creamy.
2. Transfer the mixture to a serving bowl. Top with chopped kimchi, drizzle with sesame oil, and sprinkle with green onions and sesame seeds. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately 1/4 cup of dip.

Serve it With

Veggie sticks, brown rice tortilla chips, crackers, on a salad, in a wrap or as a sandwich spread.

Ingredients

225 grams Kimchi (drained, chopped, plus more for garnish)

226 grams Plain Greek Yogurt

60 grams Cream Cheese, Regular

15 milliliters Sesame Oil (plus more for garnish)

7 milliliters Lemon Juice

1 stalk Green Onion (chopped)

3 grams Sesame Seeds (toasted)

Nutrition

Amount per serving

Calories	53	Vitamin D	10IU
Fat	4g	Vitamin E	0mg
Carbs	2g	Vitamin K	12µg
Fiber	0g	Thiamine	0mg
Sugar	1g	Riboflavin	0.1mg
Protein	3g	Niacin	0mg
Cholesterol	9mg	Vitamin B6	0.1mg
Sodium	152mg	Folate	13µg
Potassium	45mg	Vitamin B12	0µg
Vitamin A	194IU	Phosphorous	13mg
Vitamin C	2mg	Magnesium	5mg
Calcium	65mg	Zinc	0mg
Iron	1mg	Selenium	0µg