



4 Ingredient Guava Dip Recipe

Description

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— guava dip —

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There are a few readers I know that have been waiting for about two years for this four ingredient guava dip recipe. I hosted a party two years ago and my friend Kyra brought this guava dip. It was a huge hit and had such an interesting flavor that everyone wondered what was in it. The secret ingredient is guava paste. Guava is a tropical “super-fruit” containing lots of vitamin C, A and lycopene. Guava paste is a very thick puree of guava fruit, sugar and pectin. The brand Goya sells it and it comes in a big tin like the one pictured below.

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Guava paste can be difficult to find. I found mine at a Mexican grocery store in town. You only need a small portion of the guava paste for this dip and can freeze the rest for later use. The guava in this dip

gives it a sweet taste combined with the flavors of garlic and cilantro. You can adjust the amounts of garlic and cilantro depending on your taste. Be sure not to melt the guava paste so that it turns to liquid. You still want to be able to see chunks of it in the dip.

My friend Kyra is from Puerto Rico and created this recipe when some unexpected guests stopped by her house one evening (which evidently is pretty common in Puerto Rico). She likes to keep certain foods on hand to whip up a quick appetizer. This dip is one of those appetizers which can be thrown together quickly and served at room temperature. I also love the fact it only has four ingredients.

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I made this for a happy hour with friends and it was voted the best dip by my friend's family. My daughter who can be a little picky also really loved it. Serve it with water crackers, pita chips or [black japonica gluten-free rice chips](#) which were my favorite. The black japonica chips really brought out the flavor of the dip.

This guava dip would be a great recipe to share for a Cinco de Mayo celebration. Include it with one of these [margaritas](#) or [some black bean and mango salsa](#) and you've got yourself a celebration. Enjoy!

Guava Dip

Recipe Type: Appetiser

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Ingredients

- 8oz. cream cheese (softened)
- 2 garlic cloves (deveined and minced)
- 4 oz. guava paste
- bunch of cilantro (chopped)

Instructions

1. Cut guava paste into small pieces and place in a microwavable container.
2. Microwave on high for 30 seconds or so until softened.
3. Mix in cream cheese and garlic.
4. Add cilantro to taste.
5. Serve with pita chips or water crackers.

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