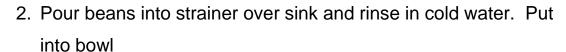


Bean Dip

- Can of white kidney beans, drained & rinsed
- 1/3 cup of fresh herbs (e.g. dill, cilantro, parsley)
- ¼ cup extra-virgin olive oil
- 1 lemon juice and zest
- 1-2 cloves of garlic
- Sea salt & pepper to taste
- 1. Open can of white kidney beans.



- 3. Cut lemon in half, and use citrus press to get juice and put lemon juice into bowl.
- 4. Peel skin off one garlic clove. Cross chop garlic finely and add into bowl.
- Measure olive oil and add
- 6. Add ½ tsp salt, pepper, 1 tsp herbs.
- 7. Mash or blend the ingredients. Add extra olive oil for creamier dip. When blended to the consistency you like, enjoy with vegetable sticks, corn chips, on crackers or a sandwich!

