



White Bean Dip with Fresh Vegetables



Estimated Time: 15 mins

Nutrition Per Serving

8 Servings (3 Tbsp per serving)

Calories	97
Protein	5.3g
Total Carbohydrates	18g
Net	13.8g
Sugar	0.7g
Fiber	4.3g
Total Fat	1.1g
Saturated Fat	0.05g
Polyunsaturated Fat	0g
Monounsaturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Minerals	
Sodium	199mg
Potassium	67mg
Phosphorus	27.6mg
Calcium	95.8mg

Recipe provided by
Chef Duane

Ingredients

- 1 (15 oz) can cannellini beans, rinsed and drained
- 2 cloves of roasted garlic
- 2 tablespoons of lemon juice (juice of 1 lemon)
- ⅓ cup oat milk
- 2 tablespoons chopped parsley
- ¼ teaspoon white pepper
- 1 teaspoon distilled vinegar
- 1 teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon chives
- ½ teaspoon dried dill

Reminder: Canned and/or frozen foods such as beans, vegetables or fruit should be void of added animal fats (e.g. lard), sodium, potassium, phosphorus, or sugar.

Directions

1. In a food processor, combine beans, roasted garlic, lemon juice, oat milk, chopped parsley, white pepper, and distilled vinegar.
2. Mix onion powder, garlic powder, chives, and dried dill. Add this blend to the food processor.
3. Blend ingredients until smooth.
4. Pour mixture into a bowl and chill in the refrigerator for 30 minutes before serving.
5. Serve this dip with vegetable sticks like, celery, carrots and peppers.

Disclaimer: Please be advised that some of these foods may contain wheat/gluten, milk, eggs, peanuts, tree nuts, fish, shellfish, soy or other foods that may cause allergic reactions in some people. Please contact your healthcare provider if you are concerned about food allergies or other food-related reactions such as food sensitivities.