



## White Bean Dip

**Serving Size: 8**

**Here is what you need:**

2 cans of Cannellini beans, drained and rinsed.  
2 cloves garlic peeled  
1 teaspoon table salt  
¼ teaspoon white or black pepper  
Juice from a fresh lemon- at least 2 tablespoons  
1 teaspoon lemon zest (optional)  
¼ cup extra virgin olive oil

**Here is how you do it:**

In a food processor, combine beans, garlic, salt, pepper, and lemon juice and rind (if using); pulse until beans start to break down, about 2 minutes. Remove the top and stir. Place the lid back on and slowly pour in olive oil with the food processor running. Remove top, stir gently. Add in 2 tablespoons of water; pulse again until smooth.

Alternatively, watch the video for the resealable bag method if you don't have a food processor

Enjoy and store in an airtight container in the fridge for one week.

Great Appetizer for:

Gluten Free  
Vegan  
Dairy Free

Enjoy with your favorite veggies, focaccia bread or chips.