



White Bean Dip

Ingredients:

- 1 can cannellini beans
- ½ large ripe avocado
- 2 tsp baking powder
- 2 cloves of garlic
- ½ cup fresh spinach
- 2-3 tbsp lime juice
- 2-3 tbsp cilantro
- 2 tbsp olive oil
- ¼ tsp salt



Directions:

1. Drain and rinse cannellini beans.
2. Blend all ingredients in a blender or food processor until the mixture forms a creamy consistency.
3. Serve at room temperature with your favorite dippers!

Nutrition Tips:

1. This white bean dip can be whipped up in under 5 minutes to be ready as a quick topping for your favorite dippers - Try whole wheat pita, carrots, celery, bell pepper, or corn tortillas.
2. Rinsing the can of beans thoroughly can help eliminate about 40% of the sodium or salt that was added in the canning process.
3. Together avocados, white beans, spinach, and spices can excite your taste buds while filling you up with some heart healthy fats, fiber, and sources of protein.
4. White beans are packed with protein and many micronutrients including, magnesium, folate, zinc, iron, potassium calcium, and vitamin B6.

Source:

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