



# 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)
- $\frac{3}{4}$  cup oat milk
- 2 tablespoons chopped parsley
- $\frac{1}{4}$  teaspoon white pepper
- 1 teaspoon distilled vinegar
- 1 teaspoon onion powder
- $\frac{1}{2}$  teaspoon garlic powder
- $\frac{1}{2}$  teaspoon chives
- $\frac{1}{2}$  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 vegetables 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.