



Garlic White Bean Dip

6 servings

5 minutes

Ingredients

- 2 cups White Navy Beans (cooked, drained and rinsed)
- 2 tbsps Lemon Juice
- 1 tsp Thyme (fresh, torn from the stem)
- 1/2 tsp Garlic Powder
- 1/4 cup Extra Virgin Olive Oil
- 1 Cucumber (sliced)

Directions

- 1 In a food processor or blender, add the white navy beans, lemon juice, thyme and garlic. Blend until the texture is smooth and creamy.
- 2 With the machine running, add the extra virgin olive oil slowly, until incorporated.
- 3 Pour the dip into a bowl and serve with cucumber slices. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to five days.

Serving Size, One serving is equal to approximately 1/4 cup dip.

More Flavor, Use roasted garlic cloves instead of garlic powder.

Additional Toppings, Add chili flakes or other seasoning if desired.

No Cucumber, Serve with other veggies such as carrots, celery or crackers.