



## Webinar Series Recipes

### Bean Dip Formula

Serves 3-4

#### Ingredients

- 15-oz. can of beans or 1 ½ cups cooked beans
- 1-2 tablespoon seed or nut butter, or yogurt
- 1-2 teaspoons spices
- Touch of something sweet: honey, maple, date syrup, etc.
- 1-2 tablespoons olive oil, avocado oil, or expeller pressed canola
- Salt and pepper
- Water as needed
- Handful of fresh herbs (optional)
- ½-1 tablespoon onion or garlic (optional)

#### Instructions

1. Blend all the ingredients together, adding water as needed to thin out. You can use the fresh herbs as a garnish or blend into the dip.

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