

## **Lemon-Herb White Bean Dip** [15 Healthy Dips and Spreads \(healthline.com\)](#) [Retrieved 5.23.24]

The recipe makes 6 servings.

White beans make an excellent base for dips because of their smooth, creamy texture. They're also high in plant-based protein and fiber, which can keep you feeling full and promote good digestive health.

Serve this lemon-and-herb white bean dip with chopped veggies, such as carrots, radishes, and bell peppers, or use it as a spread for veggie wraps and sandwiches.

### **Ingredients:**

2 cups (520 grams) of white beans, drained and rinsed (about 1 can)

1 tablespoon (15 ml) of lemon juice

1 teaspoon of fresh rosemary, chopped

1/8 teaspoon of ground black pepper

1/4 cup (60 ml) of olive oil

**Directions:** Add all the ingredients except the olive oil to a food processor or high-powered blender.

Pulse or blend, steadily pouring in the olive oil, until the ingredients smoothen.

Add more olive oil or a small amount of water if needed.

**NUTRIENTS PER SERVING:** Calories: 147 Protein: 4 grams Carbs: 12 grams Fat: 10 grams