

Smoked Paprika Lentil Dip [15 Healthy Dips and Spreads \(healthline.com\)](#) [Retrieved 5.23.24]

This dip makes approximately 4 servings.

This dip packs a smoky punch and is great for whole grain pita chips. It also makes a good filling for wraps.

What's more, lentils are loaded with plant-based protein, fiber, and iron — a mineral that promotes blood health and helps transport oxygen throughout your body.

Ingredients:

2 cups (280 grams) of lentils, cooked

2 cloves of garlic, minced

2 teaspoons (5 grams) of smoked paprika

1 tablespoon (15 ml) of lemon juice

1 tablespoon (15 ml) of olive oil

salt to taste

Directions: Combine the lentils and garlic in a bowl.

In a separate bowl, whisk the paprika, lemon juice, and olive oil. Pour over the lentils and mix until coated.

NUTRIENTS PER SERVING: Calories: 151 Protein: 9 grams Carbs: 21 grams Fat: 4 grams