

WHITE BEAN DIP WITH LEMON BALM AND PARSLEY

This recipe creates approximately
30 2 tbsp servings



INGREDIENTS

2 cans of white beans (15 oz cans)
1/4 cup loosely packed fresh lemon balm leaves
1/4 cup loosely packed fresh parsley
4 whole garlic scapes
2 tbsp lemon juice
2 tbsp olive oil
salt and pepper, to taste



EQUIPMENT

Food processor
Plate

NUTRITION FACTS PER SERVING

Calories: 89
Fat: 1.2g
Sodium: 4mg
Potassium: 432mg
Carbs: 14.7g
Fiber: 3.6g
Sugars: 0.5g
Protein: 5.6g



METHOD

1. If you've plucked your fresh herbs from your own garden, give them a quick rinse in cold water before using them.
2. Add in one can of beans to your food processor, as well as half of the lemon balm, parsley, garlic scapes and lemon juice. Process until smooth.
3. Add in your second can of beans to your food processor, as well as the other half of the lemon balm, parsley, garlic scapes and lemon juice. Process until smooth. Add in desired amount of salt and pepper to taste, process until smooth.
4. Serve and enjoy with your favourite snack!

