

Beany dip

Ingredients

- 1 400g can butterbeans, in water
- 1 lemon
- 2 garlic cloves
- 1 x 10ml spoon olive oil
- ½ x 5ml spoon cumin powder
- 2 x 15ml spoons reduced-fat natural yogurt

Equipment

Measuring spoons, can opener, colander or sieve, sharp knife, chopping board, juicer, food processor, spoon, serving dish.



Serves 4

Nutrition

One quarter of the dip

A 126g serving contains

Energy	Fat	Saturates	Sugars	Salt
579kJ 138kcal	3.5g	0.4g	1.9g	0.05g
7%	5%	2%	2%	1%

of an adult's reference intake

5.9g fibre per serving

Method

1. Prepare the ingredients:
 - drain the butterbeans;
 - halve and juice the lemon;
 - peel the garlic.
2. Put the butterbeans, lemon juice, olive oil, garlic, cumin powder and yogurt in a food processor.
3. Blend until smooth. (Add a little more yogurt if the dip is too thick.)
4. Spoon into a serving dish.

To serve

Chop up a selection of vegetables into dipping sized sticks or pieces, to serve with the dip.

For example:

- pepper
- courgette
- cucumber
- cauliflower
- carrot
- radishes