# **Butter bean dip**

**Ingredients**

1 x 400g can butter beans

1 lemon

1 clove of garlic

1½ x 15ml spoons (1 ½ tablespoons) olive oil

A little water

**Equipment**

Sieve, blender, sharp knife, chopping board, lemon

squeezer, measuring spoons, garlic press, spatula,
can opener, serving dish.

Method

1. Drain the butter beans and place into the blender.
2. Cut the lemon in half. Squeeze the lemon and add the juice to the blender.
3. Peel the garlic and add to the blender along with the olive oil.
4. Place the lid on the blender and switch on for 15 - 20 seconds.
5. Turn the blender off and unplug at the wall. Use a spatula to move the butterbeans away from the edge of the blender. Add a little water as required,
6. Place the lid on the blender and switch on for 15-20 seconds.
7. Repeat stages 5-6 until a smooth paste is produced.
8. Serve.

Eat well for you and the planet! Top tips

* Focus on fibre – serve with homemade quick flatbreads. Mix 150g wholemeal self-raising flour with 150g low fat natural yogurt and season with black pepper. Mix to form a soft dough then divide into four and flatten into circles. Dry fry the flatbreads in a non-stick pan until they are crisp and golden, approximately 3 minutes on each side.
* Get at least 5 A DAY - top with a mixture of chopped tomatoes, crushed garlic, chopped parsley, chopped fresh chilli and lemon juice.
* Vary your protein – try canned broad beans instead of butter beans.
* Reduce food waste – use 1 x 5ml spoon (1 teaspoon) ready-prepared garlic from a tube or jar instead of fresh garlic. This can be stored in the fridge to be used whenever needed.