



## *Bean dips (makes about 2 cups)*

### Equipment:

Mini chopper or food processor

### Ingredients

1 tin of beans or legumes - rinse and drain  
(e.g. chick pea, cannellini, pinto, mix beans)

¼ teaspoon ground cumin

1/2 teaspoon salt

¼ teaspoon lemon myrtle (optional)

1 tablespoon tahini

½ - 1 tablespoon lemon or lime juice  
(apple cider vinegar works as well.)

1 - 2 tablespoon extra virgin olive oil

+ extra for topping



### Directions:

- 1) Put everything in a mini chopper/food processor except for water.
- 2) Process until beans are mashed and all ingredients are mixed well.
- 3) Add 1 tablespoon of water and process 5 seconds. Repeat this until it becomes smooth or your desired consistency.
- 4) Place into a container and drizzle olive oil and sprinkle toppings depending on the beans you used.

For chick pea - sweet paprika

For cannellini - black pepper & salt

For pinto - dry herbs like parsley, oregano, or carrots leaves

