

Bean Dip

Ingredients

- 1 x 400g tin cannellini beans
- 1 tablespoon olive oil
- 1 lime zest and juice
- 1 tablespoon of peanut butter
- 1 garlic clove crushed

Method

1. Drain the beans and rinse well
2. Add the beans with the olive oil, lime zest and juice, peanut butter and garlic in a bowl
3. Using a hand blender, blend all the ingredients together so all are mixed through
4. Serve in a bowl with breadsticks, crisps or vegetable sticks



