

## Bean Dip

1 can (15 ounce) of beans... (Use black beans, chickpeas, cannellini beans, etc...)

1 clove of garlic, roasted. Minced finely.

¼ cup of water

1 Tablespoon of canola oil

½ teaspoon of salt

½ teaspoon of ground black pepper

Using a blender, food processor, or immersion blender, mix all of the ingredients together. For extra kick, add ¼ cup of salsa!

Serve up with cut-up fresh veggies or whole-wheat pita wedges or crackers. Or, you can use it as a sandwich spread. Yummy!!

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