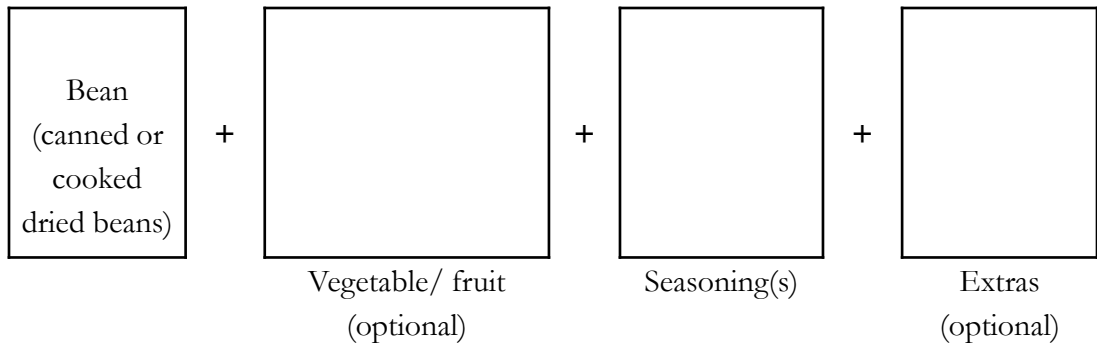


Bean Dip Recipe Framework



Ideas

Sundried/ canned
diced tomatoes
roasted peppers
avocado
frozen peas*

garlic
olive oil
salt
pepper
cumin
curry
herbs

tahini
almonds
walnuts

*run under hot water
in colander for
several minutes

Directions: Combine ingredients in a deep bowl and process with your hand blender. Serve with crackers, baked chips, or vegetables for dipping. Or use as a spread on a sandwich or fill a pita pocket.