

White Bean Dip

- ✓ Yields 1 ¼ Cup
- ✓ Serves 10
- ✓ 590 mg of omega-3s per serving

Ingredients

- 1 15-oz. can of organic great northern beans, drained and rinsed
- 3 Tbsp. of extra virgin olive oil
- 3 Tbsp. + 1 Tbsp. reserved of **Carlson Olive your Heart® – Garlic Flavor**
- 1 Tbsp. of fresh lemon juice
- 1 tsp. of kosher salt
- ¼ tsp. of ground white pepper or ¾ tsp. of ground black pepper

Directions

Add all ingredients to a food processor, and pulse to desired consistency.

Drizzle 1 Tbsp. of **Carlson Olive your Heart®** (garlic flavor) before serving.

Thank you to **Linda Rubin** of *L's Kitchen* for contributing the recipe photos used in the *Carlson Culinary Guide*. – Iskitchennyc.com

