Irresistible White Bean Dip

Source: Dr. Neal Barnard’s Cookbook for Reversing Diabetes by Neal Barnard, MD; recipe by Dreena Burton

The combination of miso, black salt, and nutritional yeast makes this recipe irresistible! Serve for lunch with whole-grain crackers and vegetables.

About the Recipe

139 Calories · 9.2 g Protein · 6.3 g Fiber
Lunch
Gluten-free · Nut-free

Prepare this recipe in just minutes using a food processor or high-powered blender.

Opt for gluten-free crackers if you are following a gluten-free diet.

Ingredients

Makes 4 Servings

- 1 15-oz can (93 g) white beans, rinsed and drained
- 2 tbsp (30 mL) lemon juice
- 2 tsp (10 mL) miso
- 1/2 tsp (2.5 mL) iodized salt
- 1/4 tsp (1.2 mL) black salt
- 1 tbsp (15 mL) tahini
- 1 tbsp (15 mL) nutritional yeast
- 1 clove garlic
- 1/4 to 1/2 tsp (1.2 to 2.5 mL) maple syrup (optional) **optional*
- 1 to 1 1/2 tbsp (15 to 23 mL) water

Directions

1. In a small food processor or high-powered blender, combine the beans, lemon juice, miso, salt, black salt, tahini, nutritional yeast, garlic, syrup (if using), and 1 tbsp (15 mL) of water.
2. Puree, adding 1/2 tbsp (7.5 mL) of water if needed (be careful when adding more water; dip should remain thick).
3. Taste, and season with extra lemon, salt, or garlic, if desired.

Nutrition Facts

Per serving:
Calories: 139
Fat: 3 g
Saturated Fat: 0.4 g
Calories from Fat: 16%
Cholesterol: 0 mg
Protein: 9.2 g
Carbohydrate: 21 g
Sugar: 1.0 g
Fiber: 6.3 g
Sodium: 638 mg
Calcium: 88 mg
Iron 3.2 mg
Vitamin C: 1.3 mg
Beta-Carotene: 3 mcg