

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 g Protein • 6 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

- white beans, rinsed and drained (1 15-ounce can)
- lemon juice (2 tbsp.)
- miso (2 tsp.)
- sea salt (scant 1/2 tsp.)
- black salt (1/4 tsp.)
- tahini (1 tbsp.)
- nutritional yeast (1 tbsp.)
- garlic (1 clove or to taste)
- pure maple syrup, optional (1/4 to 1/2 tsp.)
- water (1 to 1 1/2 tbsp.)

Directions

1. In a small food processor or high-powered blender, combine the beans, lemon, juice, miso, sea salt, black salt, tahini, yeast, garlic, syrup (if using), and 1 tablespoon of water.
2. Puree, adding 1/2 tablespoon 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

Protein: 9 g

Carbohydrate: 21 g

Sugar: 1 g

Total Fat: 3 g

Calories from Fat: 16%

Fiber: 6 g

Sodium: 638 mg