

White Bean Dip

By Nico Pallotta from theplantbasedschool.com

Ingredients:

2 cans (15 ounces each) white beans or 3 cups cooked white beans / you can use Navy beans, Cannellini, Lima, or Great Northern beans

¼ cup aquafaba the liquid in a can or the cooking liquid of white beans / substitute water

½ cup fat-free Greek yogurt substitute non-dairy Greek-style yogurt

¼ cup tahini from 100% hulled sesame seeds, light in color, and of pourable consistency

2 tablespoons lemon juice

1 tablespoon extra virgin olive oil

½ teaspoon salt + 2 twists black pepper

1 clove garlic (optional)

¼ teaspoon cumin (optional)

1 pinch dill (substitute parsley, chives, spring onions)

Instructions:

1. To a food processor, add ¼ cup aquafaba, 2 cans (15 ounces each) white beans (drained), 2 tablespoons lemon juice, 1 clove garlic (if using), ½ teaspoon salt, and 2 twists black pepper.
2. Blend for 3 minutes.
3. Add ½ cup fat-free Greek yogurt, ¼ cup tahini, and ¼ teaspoon cumin (if using).
4. Blend for 2 minutes.
5. Add 1 tablespoon extra virgin olive oil, and, if necessary, add more water to reach your desired consistency.
6. Blend for 2 more minutes, then taste and adjust for salt before serving in a bowl with 1 pinch dill or other fresh herbs.