



## White Bean Dip

<p>1 15 oz. can, white beans, great northern beans or Cannellini beans, rinsed and drained OR black beans          1 clove garlic or ½ tsp minced garlic          1 lemon, juiced          2 Tbsp olive oil          2-4 Tbsp water          1 scoop unflavored whey protein powder          2 tsp cumin          1 Tbsp chili powder          1 tsp smoked paprika          1/8 tsp cayenne pepper (optional, if you like it spicy)          Salt and pepper to taste</p>	<ol style="list-style-type: none"> <li>1. Pour all ingredients into a food processor or blender.</li> <li>2. Blend until smooth for about 3-5 minutes.</li> <li>3. Serve with veggies, Quest chips, whole wheat crackers or baked/skinny tortilla chips.</li> </ol>
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6 servings per recipe

Nutrition Facts per Serving (~ ¼ cup/ serving)

Calories 155

Total Fat 5g

Total Carbohydrates 18g

Total Fiber 4g

Protein 10g