

White Bean & Pesto Dip

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Ingredients

Salad

1 -14 oz/360 gm can white beans
3 cloves garlic, pressed
1 large lemon, juiced
1/2 cup of fresh basil
1/4 cup olive oil
1/3 cup of grated parmesan cheese
Salt and pepper to taste

Directions

Drain and rinse white beans before adding to a large bowl, or food processor. Add in remaining ingredients and blend until smooth with either a hand blender or food processor.

Serve with pita chips, crackers, or your favourite vegetable for dipping!

Can also be used in wraps or sandwiches for a punch of flavour.

Notes

Best enjoyed within 5 days, keep refrigerated.