



## Dip on the Outside, Dip on the Inside

### Bean Dip

18 2-oz. servings

*This dip is great for fresh vegetables.*

#### INGREDIENTS

30 oz. cooked beans (black, pinto, or kidney. If using canned beans, be sure to drain and rinse them as they have extra salt)  
6 Tbsp. olive oil  
2–4 cloves fresh garlic  
2–3 tsp. chili powder  
¼ tsp. mustard  
4 Tbsp. lemon juice  
a little water for blending  
salt to taste

#### INSTRUCTIONS

1. Add all ingredients to a food processor with chopping blade.
2. Blend until smooth. Add water for desired consistency.
3. Taste and add more seasoning as needed.
4. Chill or serve immediately.

*Optional: Add mild salsa or chopped cilantro leaves for variety. Adjust chili powder for heat sensitivity.*

### White Bean & Basil Dip

#### INGREDIENTS

1 (15 ounce) can cannellini beans, drained and rinsed  
2 garlic cloves  
½ a lemon, juice and zest  
2 Tbsp. water  
1-2 Tbsp. fresh or dried basil  
Salt & Pepper to taste

#### INSTRUCTIONS

1. Add all ingredients to a food processor with chopping blade.
2. Blend until smooth. Add water for desired consistency.
3. Taste and add more seasoning as needed.
4. Chill or serve immediately.

*Optional: Add fresh herbs – dill, chives, cilantro, etc.*



## Dip on the Outside, Dip on the Inside

### Sunshine Dip

35 2-oz. servings

*Also known as Creamy Yogurt Dip.*

#### INGREDIENTS

2 qts. lowfat plain or vanilla Greek yogurt (if using plain yogurt, sweeten with 4 Tbsp. honey or maple syrup first). Greek yogurt makes a thicker dip.  
1½ cups frozen juice concentrate, thawed (orange or pineapple)  
For variety add: 1 qt. fresh or canned, frozen and drained fruit in bite-sized pieces (apples, cherries, strawberries, bananas, melon, peaches, kiwi, blueberries, pineapple)  
1 cup shredded coconut for garnish

#### INSTRUCTIONS

1. In a small bowl, mix yogurt and fruit juice concentrate (honey or maple syrup, if needed) until thoroughly combined.
2. Garnish with sprinkles of shredded coconut and serve in dipping cups.

*Labor saving method: Use a food processor or blender to mix ingredients.*

### Strawberry Cream Cheese Dip

25 2-oz. servings

#### INGREDIENTS

¼ - ½ cup of maple syrup  
2 8 oz. packages of low-fat cream cheese, at room temperature  
1 Tbsp. pure vanilla extract  
½ -¾ cup fresh or frozen strawberries

#### INSTRUCTIONS

1. Beat together the cream cheese, maple syrup, and vanilla. Blend until smooth.
2. Mix in chopped de-stemmed strawberries for a chunky dip, or blend in strawberries for a smooth, pink dip.

#### ***Dip on the inside - dip on the outside!***

This recipe goes well with dark leafy greens — try rolling your dip on the inside in a spinach or chard leaf. Or dunk your root veggie sticks right in!