



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.



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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!