

White Bean and Beetroot Dip

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can opener
colander
kitchen scales
chopping board and knife
citrus squeezer
measuring spoons
blender or food processor
plate scraper/spatula
bowl for serving

Do this

with these ingredients

1. **Add** to the blender

1 can **white beans**, drained and rinsed
200 g/7 oz cooked and peeled **beetroot**
1 TBS **lemon or lime juice**
½ tsp **ground cumin**
½ tsp **ground coriander/cilantro** (optional)
½ tsp **pink or sea salt**

2. **Blend** until smooth.

3. **Transfer** to the serving bowl and **garnish** with

drizzle of **extra virgin olive oil** (optional)
sprinkle of **pepitas or herbs** (optional)

