

white bean dip



Total Time: **30 minutes**

Prep Time: **10 minutes**

ingredients (Servings: 4)

4 cloves garlic

2 teaspoons olive oil

1 12-oz can white beans

2 Tablespoons unsweetened applesauce

Water, as desired

2 teaspoons chopped fresh parsley or your favorite herb

Salt and pepper

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directions

step 1: Wrap the garlic cloves and the olive oil in aluminum foil and bake in the oven at 350 degrees F for 20 minutes until golden and soft.

step 2: Drain and rinse the white beans.

step 3: Place the beans, applesauce, and garlic in food processor and purée until smooth. Add a little water, if necessary, to loosen the blades.

step 4: Stir in the parsley (or your favorite herb) and season with salt and pepper.

step 5: Serve with celery and carrot sticks or your favorite chips.