



Recipes

Savory Snacks

Kidney Bean Spread

Prep Time: 10 minutes

Cook Time: none

Yield: 10 servings

Ingredients:

- 2 cups cooked kidney beans plus $\frac{1}{4}$ cup juice from beans
- 3 tablespoons brown rice vinegar
- 2 cloves garlic
- 3 tablespoons olive oil
- 1 tablespoon flax seed oil
- $\frac{1}{2}$ teaspoon sea salt
- $\frac{1}{4}$ cup minced cilantro
- $\frac{1}{4}$ cup minced green onions

Directions:

1. Combine beans, bean juice, vinegar, garlic, oils and salt in a food processor or blender.
2. Process until smooth and creamy and transfer to a bowl.
3. Add salt, cilantro and green onions and mix with a spoon.
4. Taste and adjust seasonings as necessary.
5. Serve with cut up veggies.