

Roasted Red Pepper, Bean and Basil Dip

1 15 oz can navy beans, drained and washed
1 roasted red pepper
2 glove garlic, crushed
2 Tbsp chopped fresh basil
2 Tbsp olive oil
1 tsp lemon juice
¼ tsp sea salt
1 tsp fresh ground pepper

Combine above ingredients in blender or food processor until smooth. Serve with fresh cut carrots, celery or vegetable of choice.

Serves 4.

Calories 130 Fat 4g Sat Fat 0.5g Carbohydrate 18g Dietary Fiber 6g Protein 6g Sodium 210mg