**Cannellini bean dip**

This rich and creamy dip makes a great alternative from the usual humous

**Star of the Show** **Ingredients**

**Cannellini beans** are a good source of protein as well as being a source of vitamin K and calcium which is essential for our bone health. Using lemon, which is rich in vitamin C, in this recipe, ensures that the iron in the beans is absorbed by our bodies too.

**Ingredients**

1 can of cannellini beans washed and rinsed. (If you are using dried beans use approx. 200gms and soak overnight and boil in a pan of water for approx. 1-2 hours)

2 cloves of roasted garlic

2 tablespoons of lemon and zest of ½ lemon

1/3 cup of extra virgin olive oil

Salt and Pepper to taste

**Method:**

Preheat oven to 180C

Rub garlic cloves in oil and place in the oven on a baking tray for approx. 20 mins

When garlic is roasted, add all ingredients into a processor/blender and whizz until smooth. Add more lemon or salt and pepper to your taste if necessary

Serve with cut up veggies, oat cakes or tortilla chips