

# Irresistible White Bean Dip

Source: Dr. Neal Barnard's Cookbook for Reversing Diabetes by Neal Barnard, MD; recipe by Dreena Burton

The combination of miso, black salt, and nutritional yeast makes this recipe irresistible! Serve for lunch with whole-grain crackers and vegetables.

## About the Recipe

**139 Calories · 9.2 g Protein · 6.3 g Fiber**

**Lunch**

**Gluten-free · Nut-free**

Prepare this recipe in just minutes using a food processor or high-powered blender.

*Opt for gluten-free crackers if you are following a gluten-free diet.*

## Ingredients

***Makes 4 Servings***

- 1 15-oz can (93 g) white beans, rinsed and drained
- 2 tbsp (30 mL) lemon juice
- 2 tsp (10 mL) miso
- 1/2 tsp (2.5 mL) iodized salt
- 1/4 tsp (1.2 mL) black salt
- 1 tbsp (15 mL) tahini
- 1 tbsp (15 mL) nutritional yeast
- 1 clove garlic
- 1/4 to 1/2 tsp (1.2 to 2.5 mL) maple syrup (optional)
- 1 to 1 1/2 tbsp (15 to 23 mL) water

## Directions

1. In a small food processor or high-powered blender, combine the beans, lemon juice, miso, salt, black salt, tahini, nutritional yeast, garlic, syrup (if using), and 1 tbsp (15 mL) of water.
2. Puree, adding 1/2 tbsp (7.5 mL) of water if needed (be careful when adding more water; dip should remain thick).
3. Taste, and season with extra lemon, salt, or garlic, if desired.

## Nutrition Facts

*Per serving:*

**Calories:** 139

**Fat:** 3 g

**Saturated Fat:** 0.4 g

**Calories from Fat:** 16%

**Cholesterol:** 0 mg

**Protein:** 9.2 g

**Carbohydrate:** 21 g

**Sugar:** 1.0 g

**Fiber:** 6.3 g

**Sodium:** 638 mg

**Calcium:** 88 mg

**Iron:** 3.2 mg

**Vitamin C:** 1.3 mg

**Beta-Carotene:** 3 mcg