



THIS IS ONE OF MY PERSONAL FAVORITE BEAN DIP CREATIONS!

EXPRESS PARTY BEAN DIP

Ingredients:

1 teaspoon water

$\frac{1}{2}$ cup chopped onion

$\frac{1}{2}$ cup yellow, green, or red pepper - or a combination of all

1 (15oz) can of black or pinto beans

1 cup of your favorite salsa

$\frac{1}{2}$ cup of organic corn

Combine water, onion, and bell pepper in a blender or food processor. Add the beans and salsa and pulse briefly half a dozen times until desired consistency.

I've made this with just the beans and salsa in a pinch and used a potato masher. *(Really quick with minimal cleanup!)*

This dip goes great with celery, cucumber, zucchini slices, whole grain, or gluten-free crackers or chips.

ENJOY AND FEEL THE HEALTH!!