



## Healthy & Quick Bean Dip ~ Allon-Z!

6 servings

15 minutes

### Ingredients

2 1/4 cups Red Kidney Beans (cooked, from the can)  
1 Garlic (clove, crushed)  
2 tsps Cumin  
1/2 tsp Smoked Paprika  
2 tbsps Extra Virgin Olive Oil  
1 Lime (juiced)  
1/2 tsp Sea Salt

### Directions

- 1 Add all ingredients to the jar of your food processor and process until very smooth.
- 2 Transfer into a bowl and enjoy!

### Notes

**Serve it With:** Brown rice tortilla chips, crackers, veggie sticks, or as a spread.

**Leftovers:** Store in an airtight container in the fridge for 3 days, or freeze for two months or more.