

Ingredients

- 1 CAN white cannellini beans (1 1/2 cups) — drain and rinsed in hot water
- 1 CUP kale (frozen kale, but fresh works too)
- 4 TBSP extra virgin olive oil
- 2 TBSP apple cider vinegar
- 2 TSP lemon juice and a pinch of lemon zest

1/2 TSP fine black pepper

3 DASHES of cayenne

1/4 CUP raw cashews (no need to soak if using a high speed

blender or food processor)

1 1/2 TBSP tahini, roasted

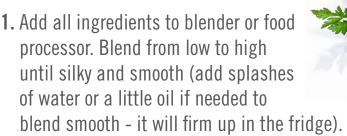
1/4+ CUP warm water

1/4 CUP chopped parsley,

flat-leaf

Optional: garlic powder or roasted garlic

Directions



- 2. Pour into a serving dish and chill in the fridge for an hour or even overnight. You could serve right away or warm if desired as well.
- **3.** Serve with a drizzle of olive oil on top and fresh parsley to garnish.

Serve with: rice or flax crackers, toasty bread or your favorite veggie sticks.

Makes about 2½ cups