



**BRAIN HEALTHY
COOKING**

Appetizer

Leprechaun Bean Dip



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

- 1.** Add all ingredients to blender or food processor. Blend from low to high until silky and smooth (add splashes of water or a little oil if needed to blend smooth - it will firm up in the fridge).
- 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