

Vegan Monday: White Bean And Spinach Dip With Flaxseed Oil

Ingredients:

Difficulty: Easy
(serves 4)

1 can (400 gr.) cooked white beans
juice of 1 lemon
juice of 1 orange
3 tbsp flaxseed oil
2 cloves of garlic, mashed
50 gr. spinach leaves
salt to taste
freshly ground black pepper to taste

Instructions:

1. In a food processor, put beans, lemon juice, orange juice, flaxseed oil and mashed garlic. Make it into a paste as smooth as possible.
2. Add spinach leaves and process just a little - keep the leaves in small pieces but don't turn them into paste too. Clean the sides of the processor with a spatula if you need.
3. Add salt and pepper to taste and process just a little more. Transfer the dip to a bowl, serve with nice, crusty bread. Enjoy!