

## **Vegan Monday: Cannellini Bean Spread With Garlic And Rosemary**

### **Ingredients:**

Difficulty: Easy  
(serves 4)

1 can (380 gr) cannellini beans, rinsed and drained (net weight 290 gr.)  
3 tbsp olive oil  
2 tbsp water in room temperature  
1 tbsp lemon juice  
3 tsp fresh rosemary, finely chopped  
3 garlic cloves, finely minced or crushed  
a generous pinch of cayenne pepper  
salt and pepper to taste

### **Instructions:**

1. Put all the ingredients except for salt and pepper into a food processor and make a smooth spread. Taste and adjust salt and pepper.
2. Transfer the spread to a bowl.
3. Cover the bowl with stretch film and put it in the fridge for 30 minutes up to 24 hours for the tastes to develop. Serve with fresh bread (I tasted with garlic bread, it was divine...). Enjoy!