



## White Bean Dip

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### INGREDIENTS

- 2 cans cannellini beans
- 3 tablespoons lemon juice
- 1 head of garlic, peeled
- Olive oil
- 6 pitas, cut into wedges
- 1 tablespoon rosemary, chopped
- ¼ teaspoon black pepper
- 1 pinch cayenne
- 1 ¼ teaspoon salt

### DIRECTIONS

1. Preheat oven to 400°F and roast the garlic head with a drizzle of olive oil for 40 minutes. Leave to cool.
2. In a processor, pulse roasted garlic, beans, 4 tablespoons of olive oil, lemon juice, rosemary, salt, pepper, cayenne and 1 tablespoon of hot water. Puree until smooth.
3. Bake pita wedges with olive oil for 8 minutes and serve.

## Taryn's Top Tip



Cannellini beans are a great source of protein that help control your blood sugar levels.