

# Lemony White Bean Dip

## Ingredients

1 15 oz. can of white beans, drained and rinsed  
1 clove of garlic  
2 tablespoon fresh parsley  
1 lemon, zested and juiced  
¼ cup extra virgin olive oil  
Pinch of cayenne  
Salt and pepper to taste

## Instructions

Place all ingredients into a food processor and blend until well incorporated and smooth. Serve with warm pita and fresh vegetables.



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