

Bean dip with veggie sticks

Servings: 1

Prep Time: 5min

Cook Time: 0



Ingredients

- 215g can drained butterbeans
- squeeze lemon juice
- 2 tsp olive oil
- 1 small crushed garlic clove
- 1 tbsp each chopped parsley and mint
- 1 tbsp water

Directions

1. Mix all the ingredients together
2. Serve with vegetable dippers made from 1 celery stick, 1 carrot and ½ red pepper - wrap in a damp piece of kitchen paper to stop them drying out