

Spinach- Bean Dip

Get those veggies! Toast your own pumpkin seeds and avoid the unhealthy processed oils from the package roasted seeds.

Enjoy!

xoxo,

Kristin

1) Thaw the spinach in the microwave and allow it to cool for 10 to 15 minutes before squeezing out a majority of the water with paper towels or cheesecloth. Set aside.

2) Add the beans, lemon juice, garlic, oil, flaxseeds, salt, pepper and onion powder into the bowl of a food processor or high powdered blender and process until the mixture is thick and creamy.

3) Spoon the mixture into a bowl and stir the spinach, Parmesan, and red pepper flakes, if desired. Season with additional salt and pepper to taste. Top with the pumpkin seeds and serve warm or chilled with our favorite veggies.

Recipes from Joy's Simple Food Remedies, makes about 3 cups