

Vegies with butter bean dip



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Preparation: 15 minutes

Serves: 4 as a snack

Butter bean dip

240g can butter beans, rinsed and drained

1/2 cup Greek natural yoghurt

Salt and ground black pepper

1/2 teaspoon lemon juice

To serve;

2 carrots, cut into 8cm sticks

1 Lebanese cucumber, cut into 8cm sticks

2 sticks celery, cut into 8cm sticks

10 cherry tomatoes, halved

10 button mushrooms, halved

1. To make butter bean dip, combine butter beans, yoghurt, salt and pepper to taste and lemon juice in the bowl of a food processor. Process until smooth. Spoon dip into individual bowls for dipping.
2. To serve, arrange prepared vegetables on serving plates. Serve with butter bean dip.



Carrots:

- The natural sweetness in carrots makes them popular with kids and they're also a good source of dietary fibre (keeps kids regular).
- Crunching a carrot or some carrot sticks is an ideal way to freshen the mouth and help keep teeth clean.