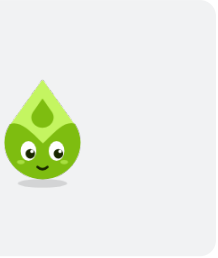
Snack, Latin American

Creamy Smoky Black Bean Dip

A smooth black bean dip blended with garlic, lime juice, and warm spices, finished with a swirl of yogurt. It is served alongside crisp cucumber and red bell pepper slices for scooping.

15 min	110	17 g	4 g
time	calories	carbs	sugars



Vegetarian | Gluten free | Nut free

Ingredients, 6 servings

- [ ] 1 can (15 ounces) black beans (No added salt, drained and rinsed)
- [ ] 2 clove garlic (minced)
- [ ] 2 tbsp lime juice
- [ ] 1 tsp ground cumin
- [ ] 1/2 tsp smoked paprika
- [ ] 1/2 tsp salt
- [ ] 1/4 tsp black pepper
- [ ] 1 tbsp olive oil
- [ ] 2 tbsp plain nonfat Greek yogurt
- [ ] 3 cup cucumber(s) (sliced)
- [ ] 3 cup red bell pepper (sliced)

Method

- [ ] **1** Put the drained and rinsed black beans into a food processor with the minced garlic, lime juice, ground cumin, smoked paprika, salt, and black pepper.
- [ ] **2** Blend until smooth and creamy, gradually drizzling in the olive oil until the texture looks right.
- [ ] **3** Taste the dip and adjust the seasoning with more salt, black pepper, or lime juice to suit you.
- [ ] **4** Spoon the dip into a serving bowl and gently swirl in the Plain Nonfat Greek yogurt.
- [ ] **5** Serve the dip with the sliced cucumber and sliced red bell pepper.

Nutrition Facts

Per serving

Calories	**110**
Total fat	2.5 g
Saturated fat	0 g
Sodium	200 mg
Total carbs	17 g
Fiber	6 g
Total sugars	4 g
Protein	5 g

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