



Vegan Cannellini Bean & Garlic Dip

Ingredients

4 tbsp olive oil
10/12 sage leaves
1 onion, chopped
2 cloves of garlic, crushed or grated
Black pepper
Drained cannellini beans
Juice of 1/2 lemon

Your choice of bread, breadsticks, crisps or crackers to serve with.

Directions

1. Heat 2 tbsp of olive oil in a pan and fry the sage leaves for 2 minutes.
2. Remove from the pan and put to one side.
3. Drain and rinse the cannellini beans.
4. Add the onion to the pan and fry for 3 minutes.
5. Add the garlic and cook for a further minute.
6. Sprinkle in some black pepper.
7. Add the cannellini beans and lemon juice.
8. Place the mixture into a blender and blend with 2 tbsp of olive oil.
9. Top with sage leaves and serve with your choice of accompaniment.

Tip: This makes a great pre-dinner and drinks snack.

