



Roasted Red Pepper Dip

Looking for new recipes to add more plant-based protein to your diet? This dip, made with roasted red peppers and white beans is a great option! This dip is packed with flavour as well as fibre and protein. This is a great addition to any lunch, snack, or charcuterie board!

Recipe makes x 4 servings (½ cup serving)

Total time: 10 minutes



INGREDIENTS

2 cans white beans, drained and rinsed thoroughly
1 jar roasted red peppers (I used homemade but store-bought works great too)
1 clove garlic
½ tsp salt
¼ tsp black pepper
¼ cup olive oil

INSTRUCTIONS

1. Add beans, roasted red peppers, garlic and seasonings into a food processor or blender. Combine until a paste forms.
2. Once mostly combined, slowly stream in olive oil until smooth and well-combined.
3. Taste and adjust seasonings to taste.
4. Store in an airtight container in the fridge for up to 1 week.
5. Serve with your favourite veggies and whole grain crackers, and enjoy!

Tip: Try this as a spread on your favourite sandwich for added flavour and protein!

Check out our [FREE Resources](#) for more crave-worthy simple recipes and meal & snack ideas.