

## These recipes received rave reviews at a recent class of Cooking Matters for Adults!



### Bean Dip

Using a blender, mix:

- 1 can beans (15.5 oz. - cannellini, chickpeas, black beans, etc.) rinsed/drained
- 1 minced garlic clove
- ¼ cup water
- 1 Tablespoon canola oil
- ½ teaspoon salt
- ½ teaspoon black pepper

Serve with cut-up fresh veggies, whole wheat pita wedges, or crackers; Or use as a sandwich spread.

### Suggested variations

- For extra kick, add ¼ cup salsa
- For a thicker dip, add ¼ cup low-fat yogurt
- For a different flavor, add ¼ cup of your favorite rinsed and minced fresh herbs

### Pumpkin Dip

Using a blender, mix:

- 1 can pumpkin puree (15 oz.)
- 1 cup low-fat cream cheese (softened)
- ¼ cup powdered sugar
- 1 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg



Serve with whole wheat graham crackers or apple wedges; Or use as a spread on whole wheat toast or bread

