

Green Goblin Dip

Prep Time
5 minutes

Makes
8 servings



Ingredients

- 2 cups white beans, rinsed
- 1 cup nutritional yeast
- 2 cloves garlic
- Juice of 1 lemon
- 1 tbsp onion powder
- 3 cups spinach
- ¼ tsp salt
- 1 tsp balsamic reduction or maple syrup
- ½ cup water or milk for thinning
(or unsweetened dairy alternative)

Directions

1. Add all of the ingredients to a blender or food processor
2. Blend until smooth
3. Dip with your favorite vegetables (we like carrots and tomatoes)