



Monster Mash with Veggie Fries (or White Bean and Basil Dip)

Yields: 2 cups

Ingredients:

- 1, 15 oz can white beans, rinsed and drained
- 1 avocado, peeled and seeded
- 1 handful fresh basil
- 1 lemon, zest and juice
- 1 garlic clove, peeled
- $\frac{1}{2}$ cup spinach
- water (to thin out as needed)
- 1 tsp salt

Directions:

1. Add white beans, avocado, basil, lemon zest and juice, garlic, spinach and salt to food processor.
2. Blend until completely pureed. Add water to thin out and blend until smooth.
3. Serve with veggie "fries": celery, carrot, jicama, cucumber, bell pepper sticks