

## Trio of Dips

### Mexican Bean Dip

- 2x 400g tins 4-bean mix, drained
- 60g taco seasoning
- 500g cottage cheese
- 2 tbs tomato paste

### Rosemary and Cannellini Bean Dip

- 2x 400g tins cannellini beans, drained
- ¼ cup olive oil
- 2 cloves garlic
- 1 tbs lemon juice
- 3 sprigs fresh rosemary, use leaves only

### Avocado Hummus

- 2 x 400g tins chickpeas, drained
- 2 x medium avocados
- 2 cloves garlic
- ¼ cup olive oil
- 2 tbs lemon juice



Method: Process all ingredients in a food processor until smooth. Serve cold or warm.

Recipes make approximately 2-3 cups for each dip.

- ✓ These recipes are all based on legumes, making them nutrient-rich and high in protein and fibre.
- ✓ Serve with crackers, bread pieces or softly cooked vegetables (being mindful of texture and chewing abilities of the child).
- ✓ Any variety of cooked bean can be used as a substitute in these recipes. Try red kidney beans, butter beans or borlotti beans instead.
- ✓ Cottage cheese, ricotta cheese or cream cheese are great bases for dips, creating a smooth and creamy consistency with additional protein and calcium.