

### Chipotle black bean dip

*For as much as I love hummus, sometimes I like to change things up. This dip is every bit as creamy and delicious as hummus, with a slightly smoky flavor and a surprising hint of sweetness. It's also very high in protein and low in fat. Try serving it with tortilla chips or raw veggies for a satisfying appetizer or snack!*

**Makes about 1½ cups**

#### **Ingredients**

- One 15-oz. can black beans, drained and rinsed
- 2 tbsp. lime juice (from one medium lime)
- 2 minced garlic cloves
- 1 tsp. agave syrup or pure maple syrup
- 1-2 tbsp. roughly chopped chipotle chilies in adobo sauce
- ½ tsp. ground cumin
- ½ tsp. salt (more or less to taste)
- 1½ tbsp. extra virgin olive oil



#### **Directions**

- 1) Puree all ingredients in a food processor until smooth and creamy. Adjust the amount of salt, lime juice, and chipotles to your personal taste and enjoy 😊