3 INGREDIENT BLACK BEAN DIP

WOLF WELLNESS LAB

Ingredients

- 2 cups organic black beans
- 1/2 cup salsa
- 1 tsp cumin
- 1/2 tsp salt

Pairs perfectly with veggies or chips

Instructions

Add the black beans to a food processor and process on high until the beans make a thick puree.

Add the salsa and cumin and process until smooth.

Taste and if needed add the salt.

Serve room temperature, hot or cold with your favorite sliced veggies or chips.

Enjoy!

Nutritional Information

Amount per serving (1 of 6)
Calories 59
Carbohydrates 11g
Fiber 4g
Protein 3g

Additional Information

Prep time: 5 minutes
Total time: 5 minutes