

Raise Your Eyebrows, Knock your Socks Off, Apple Cider, Chili Bean Dip

(Thanks to Mr. Green's Class at Brisbane Public School in Erin for this recipe and the name!)

Feel free to come up your own signature version. That is what makes local food unique, it's you!

Preparation Time: 10 min.
Makes approximately 2 cups

Ingredients:

2 c organic beans, drained and rinsed (Kidney Beans and Pinto Beans work well together)

Or begin with

1 c organic dry beans. Cook and drain

¼ c organic olive oil or local organic sunflower oil

1 tsp organic apple cider vinegar

1 tsp organic lemon juice (or to taste)

2 tsp organic chilli powder

¼ tsp organic ground cumin

*organic spices are readily available from natural food stores

In a food processor fitted with the blending blade combine all of the ingredients. Blend until smooth. Taste and adjust the flavour until it knocks your socks off.

This is great in your lunch with crackers, pitas or carrot sticks.

Supplies:

Food processor with blade attachment

1-cup dry measure

Rubber spatula

1 cup liquid measure

Small spoon