

Spicy Buffalo White Bean Dip

Web Recipe · Snack · GF

155 cal · 9g protein · 17g carbs · 6g fat · 6 servings

Ingredients

- 2 cans (15 oz each) cannellini beans drained and rinsed
- 3 tbsp hot sauce
- 2 tbsp tahini
- 2 tbsp lemon juice
- 2 tbsp nutritional yeast
- 1 clove garlic
- 1/2 tsp smoked paprika
- 1/2 tsp onion powder

Instructions

1. Add drained cannellini beans, hot sauce, tahini, lemon juice, nutritional yeast, garlic, smoked paprika, and onion powder to a food processor.
2. Process until smooth, scraping down sides as needed. Add water 1 tablespoon at a time if too thick.
3. Taste and adjust seasoning — add more hot sauce for extra heat.
4. Transfer to a bowl. Garnish with a drizzle of hot sauce, chopped chives, and smoked paprika.
5. Serve with celery sticks, carrot sticks, or whole grain pita chips.
6. Stores in the fridge for up to 5 days.

Generated by Meal Planner · Per serving macros